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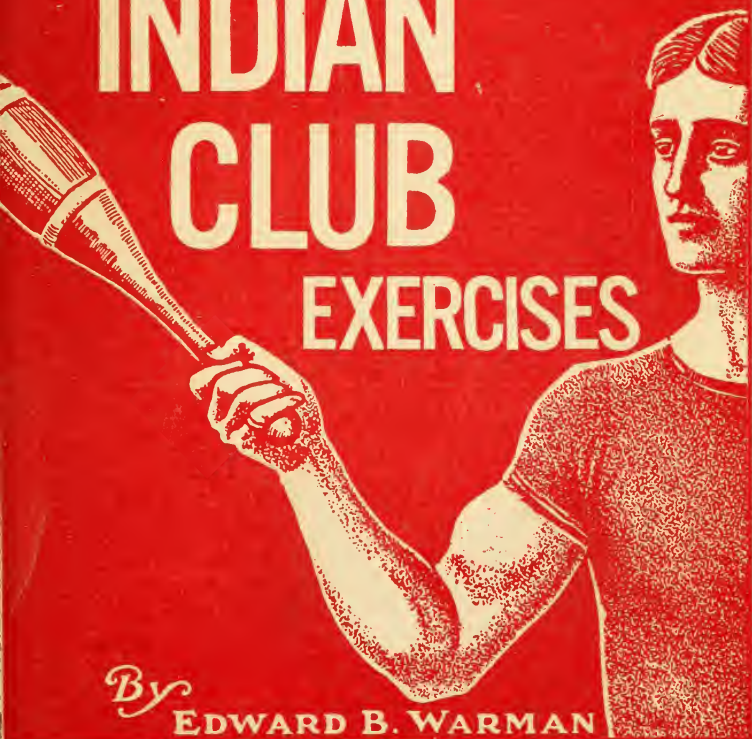


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By

EDWARD B. WARMAN

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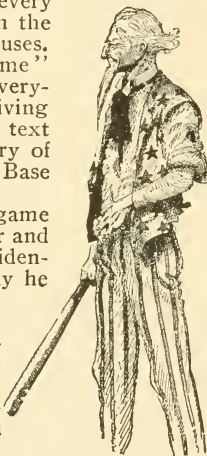
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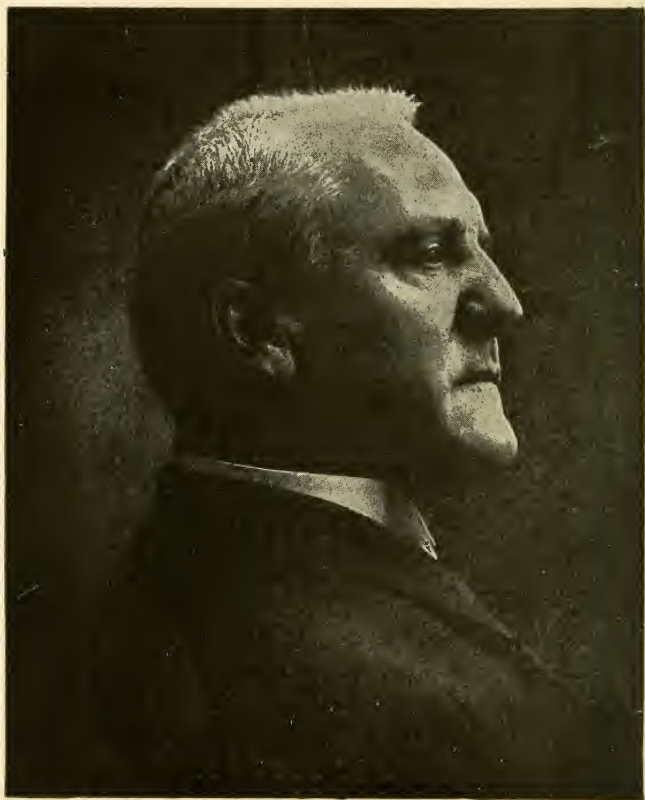
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WARMAN'S INDIAN CLUB SYSTEM



ONE CLUB



GENERAL DIRECTIONS

Grasp the club firmly, but easily, the little finger resting against the knob. As these exercises are intended for physical development and not for the purpose of displaying "fancy" or "snake movements"—very good in their way and for the purpose designed—it is advisable and necessary that the knob of the club should never slip to the thumb and forefinger; neither should the thumb extend up the handle of the club. Place the idle arm at the side, with the back of the fingers resting gracefully against the side of the body. Do not allow the club to wobble. When a movement is made requiring the arm to be extended, hold the club firmly, yet as gracefully as if it were a part of that extension. Imagine that you are standing between perfect circles at right angles with each other—large and small on either side; large in front and small behind. The clubs should follow these lines perfectly in all the small circles and sweeps.

Be satisfied to practice with one club until all the single moves have been mastered; the double moves will then be more readily attained, as they are combinations of the single.

Practice each move separately, as shown in the illustration of the same. Learn the *name* of each move, and it will be helpful, inasmuch as it is suggestive.

Do not be ambitious to handle heavy clubs. Judicious practice regularly taken with a pair of *light* clubs will prove more beneficial than spasmodic or overwork with *heavy* clubs. Stand firmly, but not rigidly. Place the feet in as graceful and comfortable a position as the nature of the movement will allow. Do not quite touch the heels, nor place them too far apart, when facing an audience.



POSITION.

Place the club in the hands, as shown in POSITION. Toss the club a little higher than the head, placing the left hand against the side of the body, the back of the fingers touching the body. Pass the right hand back of the head at the right side, and allow the club to drop and form a complete small circle back of the head, which I designate as the *small inward*. Follow this movement with a full sweep of the arm in front toward the left side, bringing it up on the right to make *two* small inwards, etc., thus forming Fig. 1.



FIG. 1.

Inward—Right—Small circle inward—Sweep in front (three times).

CHANGE—By halting the club, just as it sweeps up the right side, a little higher than the shoulder, and reverse the movement.

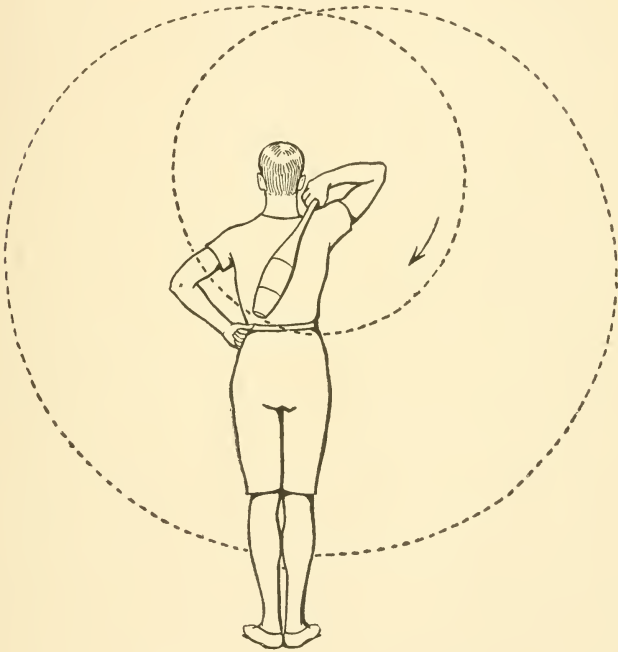


FIG. 2.

OUTWARD—RIGHT.

1. Small circle outward—Sweep in front
2. " " " " " "
3. " " " " " "

CHANGE—By passing the club to the left hand just as it sweeps up toward the left side the third time. When a little higher than the shoulder, let it fall to a small outward circle.



FIG. 3.

OUTWARD—LEFT.

1. Small circle outward—Sweep in front.
2. “ “ “ “ “ “
3. “ “ “

CHANGE—By omitting the third sweep outward, but instead drop the club in front of the face, following with a full sweep inward, bringing up the club on the left side and making a small inward circle.

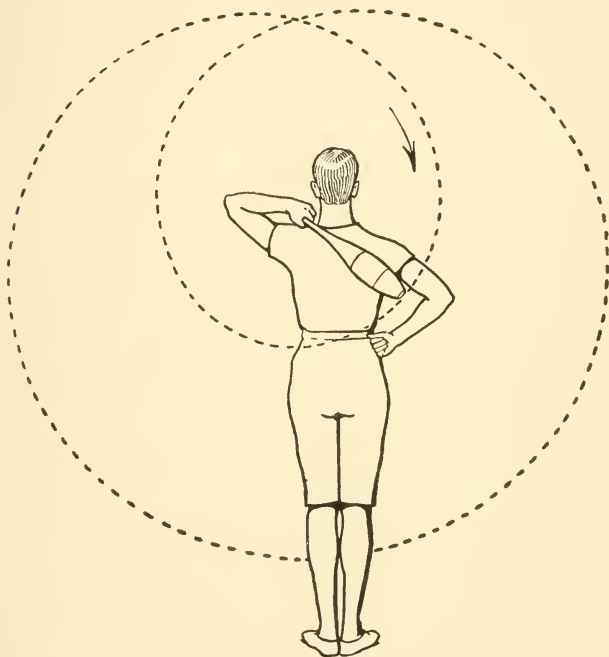


FIG. 4.

INWARD—LEFT.

1. Small circle inward—Sweep in front.
2. " " " " " "
3. " " " " " "

CHANGE—By halting the club when it sweeps up the left side the third time, poising it at *Poise 1*, as shown in the illustration. Let it fall as if to make an outward, but instead of making a full circle, halt it at *Poise 2*, and then drop it in front of the face.

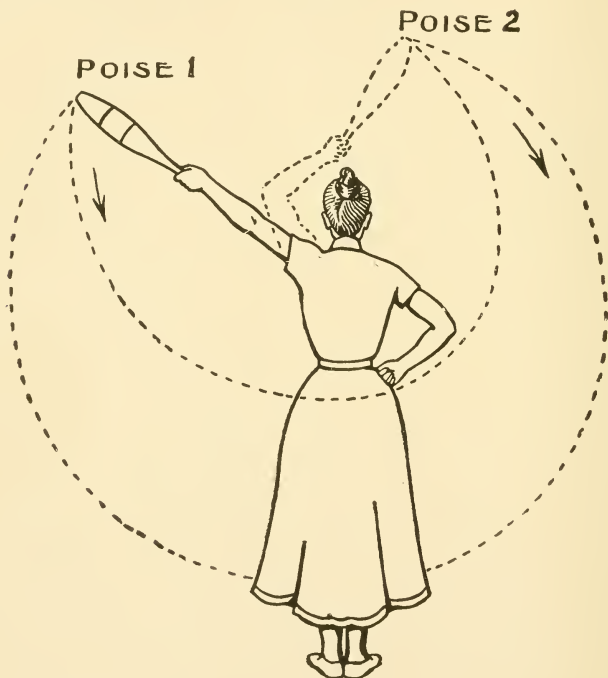


FIG. 5.

POISE—DROP. LEFT.

Poise at 1—Poise at 2—Drop in front of the face,

"	"	"	"	"	"	"	"
"	"	"	"	"	"	"	"

CHANGE—By poising again at *Poise 1*, reversing the movement to a small outward; then sweep it in front, taking it up with the right hand and halting it at *Poise 1* on the right side. Let it fall as if to make an outward; but instead of making a full circle, halt it at *Poise 2*, and then drop it in front of the face.

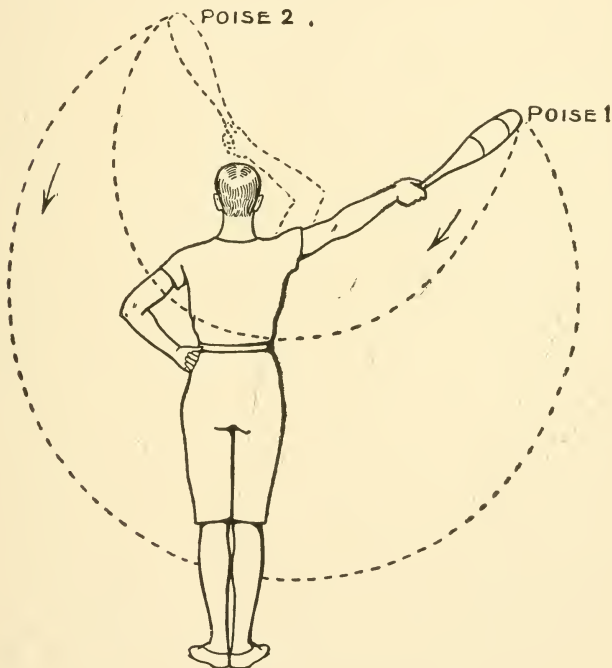


FIG. 6.

POISE—DROP. RIGHT.

Poise at 1—Poise at 2—Drop in front of the face (three times).

CHANGE—By poising again at *Poise 1*, and reversing the movement to a small outward; then sweep it in front and take it up with the left hand to *Poise 1*, left (as shown in Fig. 5); reverse it to a small outward, and pass it from hand to hand after each small outward.



FIG. 7.

ALTERNATING OUTWARD.

Outward—Right—Sweep. Outward—Left—Sweep.

“ “ “ “ “ “
 “ “ “ “ “ “

CHANGE—By taking the club again in the right hand as if to make a fourth outward, but instead make a small inward, passing it quickly behind the head to the left hand, which should be in position to grasp the club without stopping its motion. It will drop into a small outward circle with the left hand. Sweep it out and front, pass it again to the right hand.

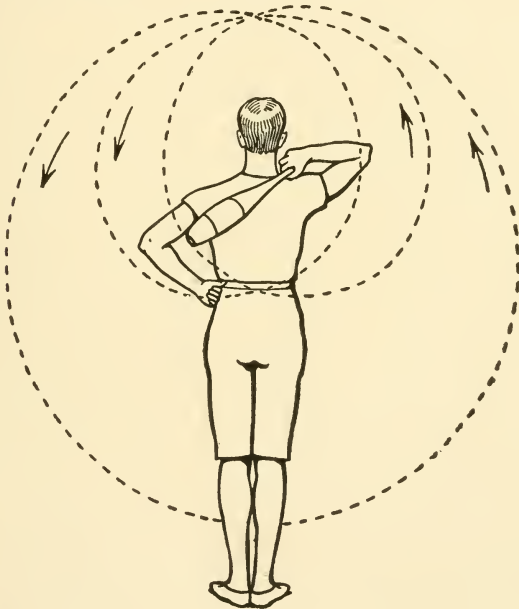


FIG. 8.

LARGE WHEEL—LEFT.

Inward—Right. Outward—Left. Sweep.

“ “ “ “ “

“ “ “ “ Drop.

CHANGE—By omitting the last sweep with the left hand; drop the club in front of the face, giving a full sweep inward, then small inward with left hand, thus reversing the movement.



FIG. 9.

LARGE WHEEL—RIGHT.

Inward—Left.	Outward—Right.	Sweep.
“	“	“
“	“	Drop.

CHANGE—By again omitting the outward sweep with right hand, drop the club in front of the face, giving a full sweep inward, thus reversing the movement, making only small circles.

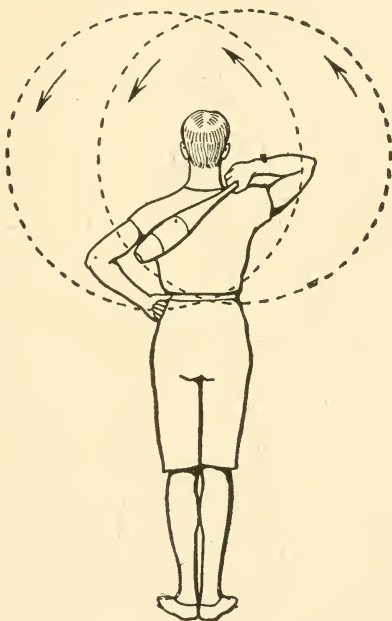


FIG. 10.

SMALL WHEEL—LEFT.

Inward—Right. Outward—Left. Avoid Sweep

“ “ “ “ “ “

“ “ “ “ Drop.

CHANGE—By dropping the club in front of the face with the left hand, following with a full sweep to inward left, thus reversing the movement.

It will be observed that, in making the small wheels, the sweeps are omitted, thus distinguishing between the large and small wheels.



FIG. II.

SMALL WHEEL—RIGHT.

Inward—Left. Outward—Right. Avoid Sweep.

"	"	"	"	"	"
"	"	"	"	Drop and Poise.	

CHANGE—By again dropping the club in front of the face with the right, giving a full sweep inward; but, as the club comes up, halt it at *Poise 1*, swing it to *Poise 2*, and drop in front of the face, bringing it to an inward. Sweep it in front and halt it again at *Poise 1*.

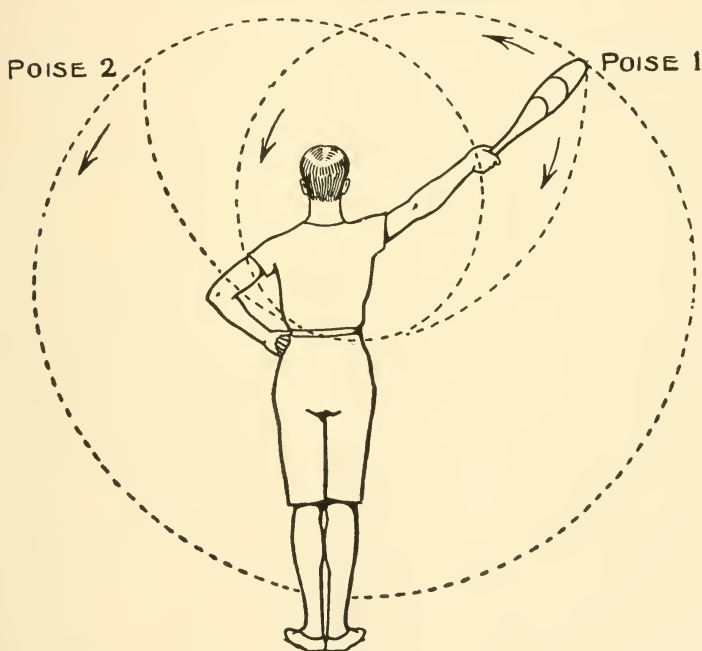


FIG. 12.

POISE—DROP—INWARD. RIGHT.

Poise at 1—Poise at 2—Drop—Inward—Sweep.

"	"	"	"	"	"	"
"	"	"	"	"	"	Pass over

CHANGE—By passing the club to the left hand, making the change back of the head. Pass from the last small inward circle with the right hand to a small outward with the left. Drop the club in front of the face and sweep it up to *Poise 1*, drop it back of the head to *Poise 2*, and then drop it in front of the face, and bring it to an inward. Sweep it in front, and halt it again at *Poise 1*.

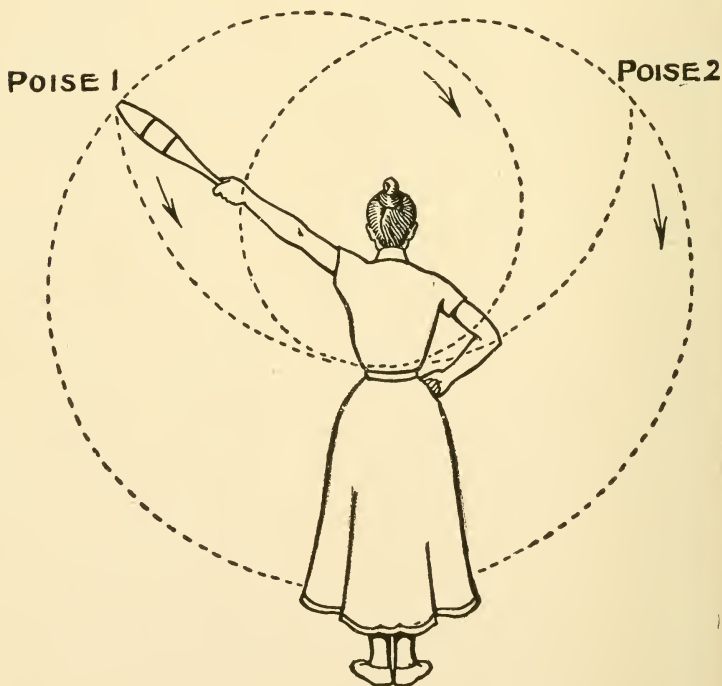


Fig. 13.

POISE—DROP—INWARD. LEFT.

Poise at 1—Poise at 2—Drop—Inward—Sweep.

“ “ “ “ “ “ “
 “ “ “ “ “ “ “ Pass over

CHANGE—By passing the club to the right hand, making the change back of the head, going from a small inward left to a small outward right. Drop the club in front of the face and sweep it to an inward right, passing it directly back to the left hand—making the change back of the head—and making a drop and inward left.

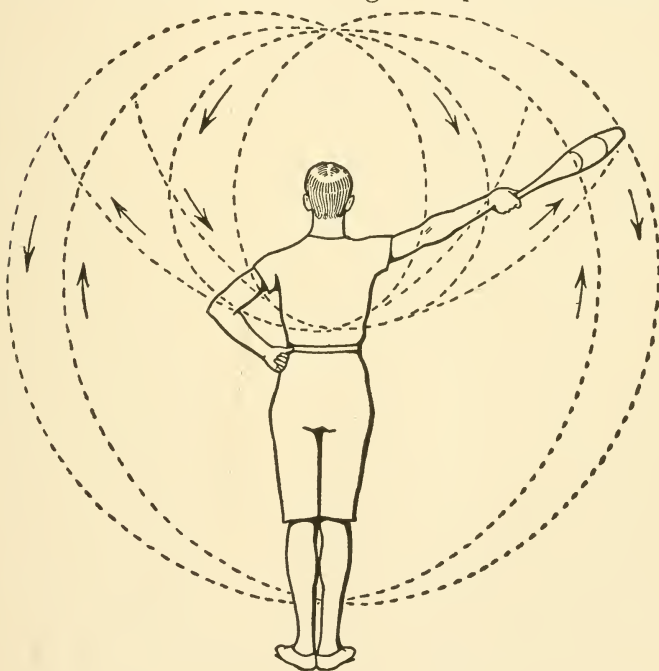


FIG. 14.

ALTERNATING DROP AND INWARD.

Drop—Sweep—Inward—Over. Drop—Sweep—Inward—Over.
 “ “ “ “ “ “ “ “
 “ “ “ Turn the body to the left.

CHANGE—By turning the body to the left just as the club is completing the last small inward circle. Keep the arm bent, and make a wrist circle at the side. Keep a firm hold on the club, not allowing the knob to slip to the thumb and forefinger.

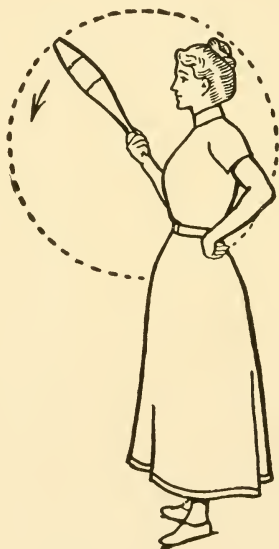


FIG. 15.

SMALL SIDE.

Small side-circle. 1-2-3.

CHANGE—By extending the arm upward and forward, making a large circle at the side without bending the arm.

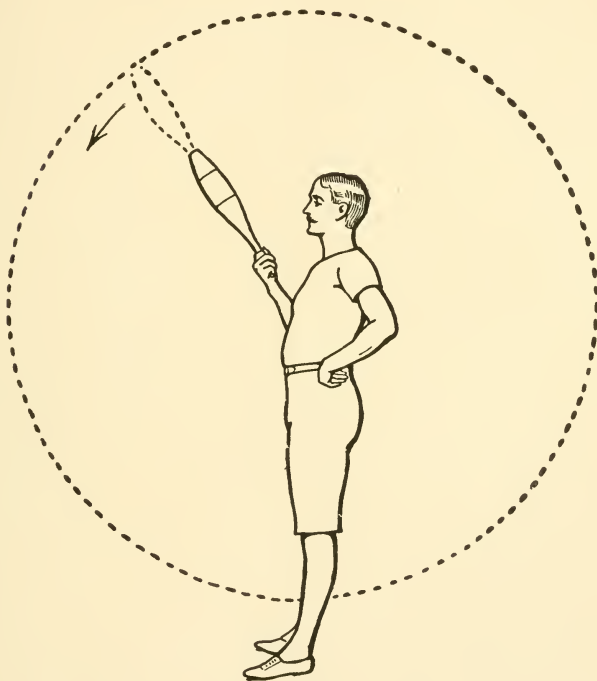


FIG. 16.

LARGE SIDE.

Large side-circles. 1-2-3.

CHANGE--By checking the club just as it passes the feet on the third downward stroke, and reversing the movement. Do not allow the club to wobble when checking it, nor the arm to bend when making the circle.



FIG. 17

REVERSE.

Large size—Reverse. 1-2-3.

CHANGE—As the club comes up in front on the third circle. When it is high enough, drop it to a *small* side, followed by a *large* side; then, as it is ready to descend as if to make a *second* large side, bring it diagonally to the left side with a full sweep, then back to the starting point of a large side, and make another large side-circle.

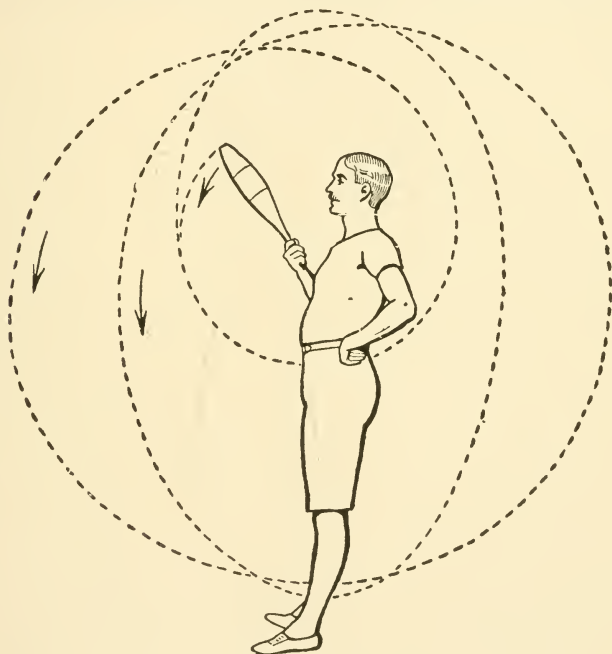


FIG. 18.

SIDE AND DIAGONAL.

One small—Large. Diagonal—Large.

Two “ “ “ “

Three “ and over.

CHANGE—At the close of the third small circle, by making a small inward and passing the club to the left hand, making the change back of the head. Make a small outward with the left, and when the club becomes vertical, drop it back to a small inward with the same hand, and when the club again becomes vertical, change the movement to a small side-circle.

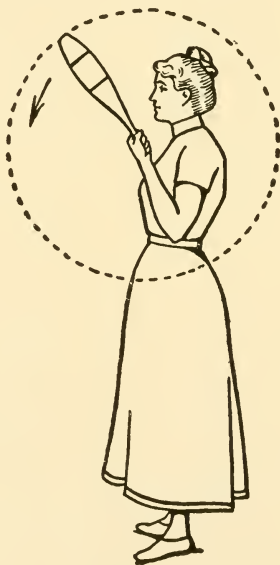


FIG. 19.

SMALL SIDE.

Small side-circle. 1-2-3.

CHANGE—By extending the arm upward and forward, making a *large* circle at the side, without bending the arm.

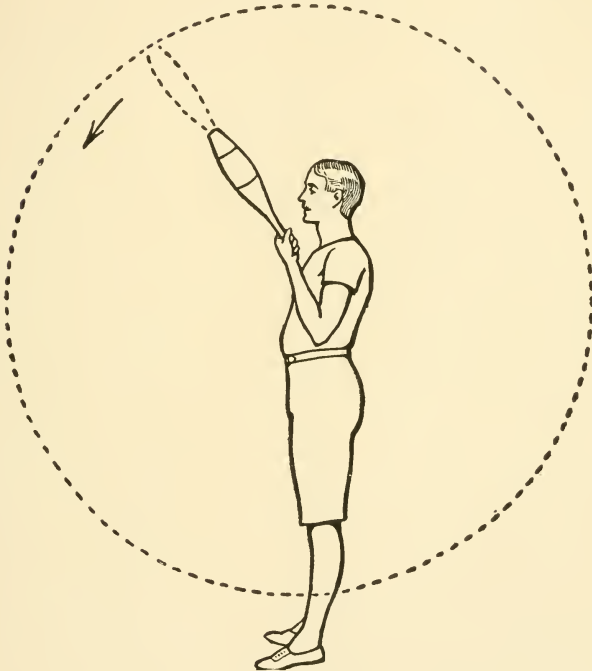


FIG. 20.

LARGE SIDE.

Large side-circle. 1-2-3.

CHANGE—By checking the club just as it passes the feet on the third downward stroke, and reversing the movement. Do not allow the club to wobble when checking it, nor the arm to bend in making the circle.

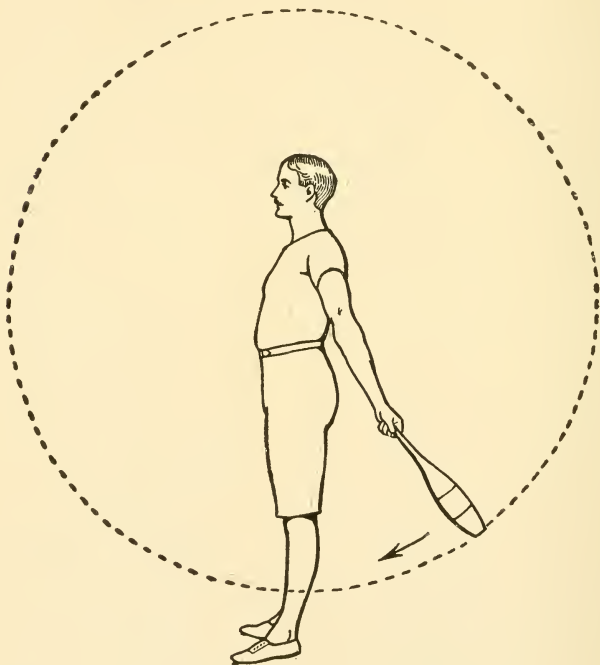


FIG. 21

REVERSE.

Large side—Reverse 1-2-3.

CHANGE—As the club comes up in front on the third circle. When it is high enough, drop it to a *small* side, followed by a *large* side; then, as it is ready to descend, as if to make a *second* large side, bring it diagonally to the right side with a full sweep; then back to the starting point of a *large side*, and make another large side-circle.

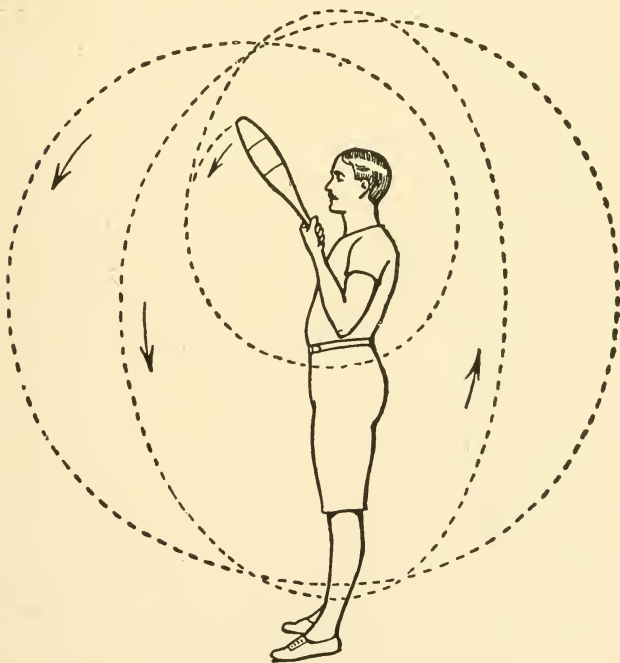


FIG. 22.

SIDE AND DIAGONAL.

1. Small—Large. Diagonal—Large.
2. “ “ “ “
3. “ and face front.

CHANGE—By extending the arm at the completion of the third small circle, as if to make a large side circle; then, just as the club is ready to sweep down, turn the body quickly back to the front position. Sweep the club in front, make a small outward with the left hand, and sweep it to the right. Place the right hand as shown in the illustration, and make small circles outside and inside the arm, keeping the arm extended as much as possible, and keep the club as *near* the arm as possible. *Keep the little finger next to the knob.*



Fig. 23—CHIN-KNOCKER.

Outside of arm—Inside of arm (three times each).
Sweep to the left hand,

CHANGE—By sweeping the club to the left hand and making a small outward with the left. Place the hand, as shown in the illustration, and make small circles outside and inside the arm, keeping the arm extended as much as possible; also keep the club moving as *near* the arm as possible. Do not let the knob of the club slip to the thumb and forefinger.

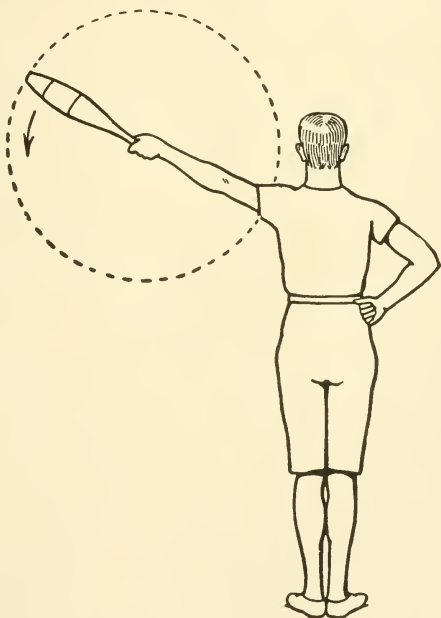


FIG. 24.

CHIN-KNOCKER.

Outside of arm—Inside of arm (three times each).
Sweep to right hand.

CHANGE—By small outward and sweep with left hand, carrying the club to the right side by the right hand, until the hand is straight with the shoulder, as seen in the illustration. Grasp the club firmly, and hold it in an upright position. Without *raising, lowering or bending* the arm the *slightest*, lay the club on the arm, then raise it and extend it till it is perfectly straight. Throughout this entire exercise the arm should not move nor bend at the elbow.



FIG. 25.

THE LEVER.

Upright—On the arm—Straight out.

“ “ “ “

“ “ “ “

“ and toss to outward,

CHANGE—By tossing the club to a small outward, and sweep it to the left hand; stop the hand as soon as it is even with the shoulder, and place the club in an upright position. Lay the club on the arm without bending the arm at the elbow. Raise the club without moving the arm, and extend it until it is perfectly straight, as shown in the illustration.

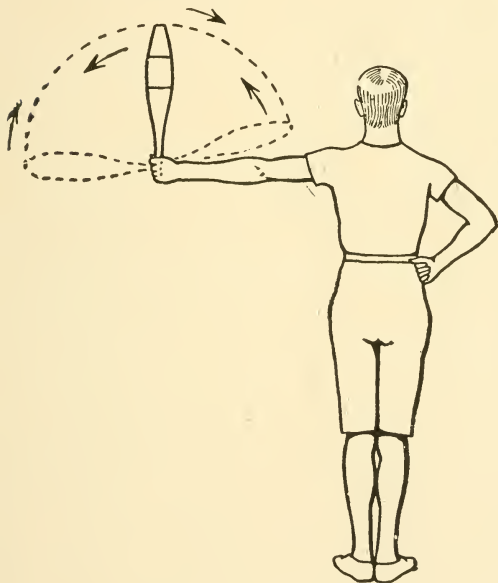


FIG. 26.

THE LEVER.

Upright—On the arm—Straight out.

“	“	“	“
“	“	“	“

“	“	and toss to outward
---	---	---------------------

CHANGE—By tossing the club to a small outward. Do not make a sweep, but just as the club completes the small circle, reverse it to a small inward. Then, just as the club is upright, make a small side-circle, and when the club is again upright, make a small inward, thus alternating *small inwards* and *small sides*.

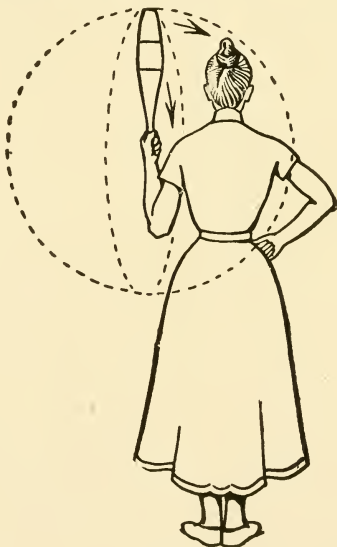


FIG. 27.

INWARD AND SIDE.

Small inward—Small side.

" " " "

" " " "

" " and over to the right.

CHANGE—By passing the club back of the head to the right hand. Make a small outward with the right hand, then reverse it to a small inward, and, as it comes to an upright position, change it to a small side-circle, then back to a small inward; thus alternating *small sides* and *small inwards*.

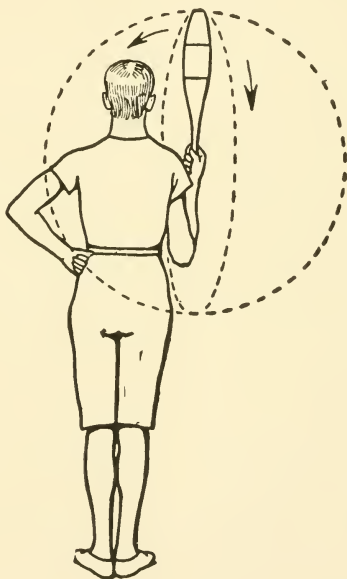


FIG. 28.

INWARD AND SIDE.

Small inward—Small side (three times each).

“ “ and toss over the head, letting it drop gently in the left hand, as shown in Fig 1—position. This will give a graceful

FINISH.

CONDENSED FOR CONVENIENCE



ONE CLUB

Presupposing that the pupil has become familiar with all the movements; *i.e.*, with the necessary *details* in the learning of each, I present herewith my system of exercises in a *condensed* form, as a reminder to the individual, or as an aid to the teacher in calling the movements to a class.

The order of exercises, and the number of movements of each, are the same as I use for my classes in their public exhibitions.

On the rostrum, at the close of my lecture on "*Scientific Physical Training, or the Care of the Body*," I aim not only to entertain, but to exemplify the principles set forth in my lecture, by giving, in appropriate costume, my entire system of Indian-club exercises—the clubs weighing eight pounds each.

As a rule, I do not advocate the use of heavy clubs; but these, to me, do not seem heavy, having had them in use—privately and publicly—for thirty years.

My plan of work is on the principle of "cumulative strength"—the only *true* principle. Hence I advise the use of one club throughout the entire system of exercises; then rest a moment before swinging the two clubs. Rest again, if desirable, at the close of the "windmill," before concluding the entire system.

By so doing I find no difficulty in closing the evening's entertainment by a few movements with *both clubs* (16 lbs.) *in one hand*.

By adhering to these suggestions, *invigoration* will take the place of *exhaustion*. Be patient in well doing.

ONE CLUB.

- No. 1. Inward Right—one.
 “ “ two.
 “ “ three.
- No. 2. Outward Right—one.
 “ “ two.
 “ “ three.
- No. 3. Outward Left—one.
 “ “ two.
 “ “ three. Drop.
- No. 4. Inward Left—one.
 “ “ two.
 “ “ three.
- No. 5. Poise and Drop—Left. 1-2-3.
- No. 6. Poise and Drop—Right. 1-2-3.
- No. 7. Outward Right—Outward Left.
 “ “ “ “
 “ “ “ “
- No. 8. Large Wheel—to the Left. 1-2-3. Drop and reverse.
- No. 9. Large Wheel—to the Right. 1-2-3. Drop and reverse.
- No. 10. Small Wheel—to the Left. 1-2-3. Drop and reverse.
- No. 11. Small Wheel—to the Right. 1-2-3. Drop and Poise.
- No. 12. Poise—Drop—Inward Right. 1-2-3. Over.
- No. 13. Poise—Drop—Inward Left. 1-2-3. Over.

- No. 14. Drop—Inward Right—Over.
 Drop—Inward Left—Over.
 Drop—Inward Right—Over.
 Drop—Inward Left—Over.
 Drop—Inward Right—Turn.
- No. 15. Small Side—Right. 1-2-3.
- No. 16. Large Side—Right. 1-2-3.
- No. 17. Reverse. 1-2-3.
- No. 18. Small—Large—Diagonal—Large.
 2 “ “ “ “
 3 “ Change to left hand.
- No. 19. Small Side—Left. 1-2-3.
- No. 20. Large Side—Left. 1-2-3.
- No. 21. Reverse. 1-2-3.
- No. 22. Small—Large—Diagonal—Large.
 2 “ “ “ “
 3 “ Turn. Change to right.
- No. 23. Chin-knocker—Right. 1-2-3.
- No. 24. Chin-knocker—Left. 1-2-3.
- No. 25. Lever—Right. 1-2-3.
- No. 26. Lever—Left. 1-2-3.
- No. 27. Inward and Small Side—Left. 1-2-3.
- No. 28. Inward and Small Side—Right. 1-2-3.

Finish by tossing the club over the head, dropping it gently into the left hand.

TWO CLUBS



GENERAL DIRECTIONS

When the clubs fall parallel in the same direction, they should drop simultaneously, and should not be separated from each other any greater distance *during* the movement than when the movement *began*.

With the single exception of a "follow" movement (the windmill, Fig. 12) both clubs should drop with the same impulse, even though they are making different movements. The slightest variation from this rule will destroy the gracefulness and beauty of the swinging.

When facing front, avoid turning the body from side to side, except in Fig. 1. Practice before a mirror, in order that every movement of the club may be seen while facing front. This will teach one to look at his audience, instead of turning his head and watching the clubs. Master your clubs instead of allowing them to master you.

Take position by pointing the two clubs to the left, as shown in the illustration. Keep the palms of the hands up in order to steady the clubs. Toss both clubs up and out, sweeping them down in front of the body, and bringing them up to left side. Avoid angles. Toss them out and bring them in as if describing an arc of a circle.

N. B.—To take up the clubs artistically—which cannot be done until all of the movements shall have been learned—see page 68.



FIG. I.

POINT.

Point left—Sweep. Point right—Sweep (three times each).
 “ “ Halt.

CHANGE—By sweeping both clubs in front and bringing them up on the right side, and halting them in position of point right. Make a small outward with the right hand, and a full sweep with the left, both clubs falling simultaneously.

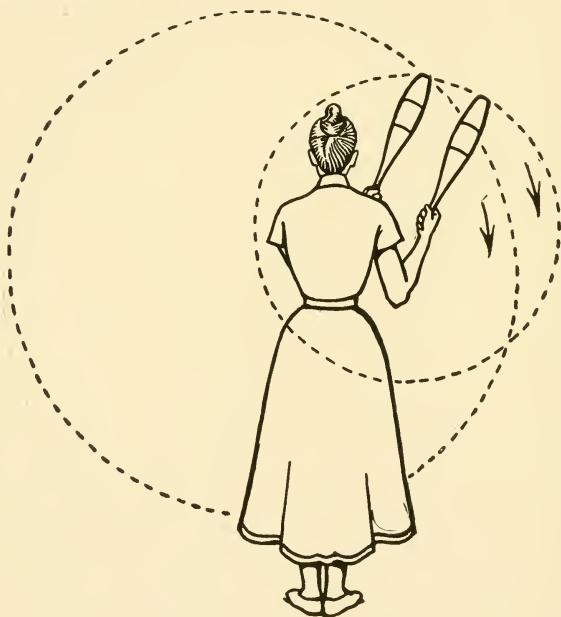


FIG. 3.

SMALL RIGHT. LARGE LEFT.

Small Wheel—right hand. Large Wheel—left hand.

“	“	“	“	“	“	“	“
“	“	“	“	“	“	“	“

CHANGE—By sweeping the clubs back to the left side and halting the club in the left hand at poise 1; but pass the right club up in front of the face and push it back of the head, letting it drop as if to make an inward. Instead of making a small circle, push it to the right, as shown in the illustration. As the right club drops behind the head, the left club sweeps in front toward the right side. The clubs now change position—the left club is pushed back of the head, and the right club sweeps in front.

POISE 1



FIG. 5—BACKWARD DROP.

Backward drop—right—push. Backward drop—left—push.
(Three times each).

CHANGE—By halting the left club at poise 1; swing it to poise 2; and drop it in front of the face. While this is being done the right club sweeps back on the circle in front, and halts at poise 1 on the right side, then to poise 2, and drops in front of the face; thus making the regular poise and drop with each hand.

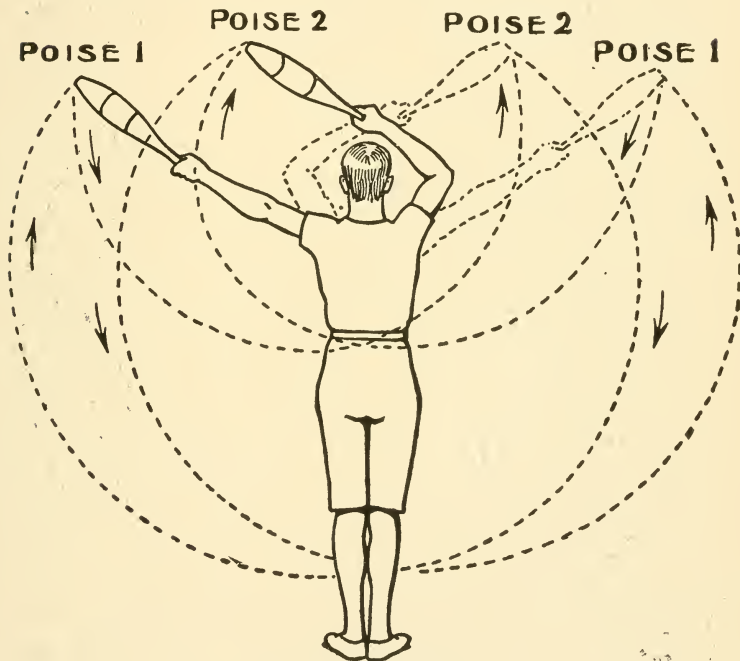


FIG. 6—FORWARD DROP.

Poise and drop—Left. Poise and drop—Right.

"	"	"	"	"	"	"	"
"	"	"	"	"	"	"	"

CHANGE—By halting the clubs a second when they are on the left side. Turn the left club to an outward, while the right club passes down in front and sweeps up on the right side, making a small inward and push—as in the backward drop. It then sweeps down in front and is pushed back of the head, making a backward drop and push, while the left club is making an outward.



FIG. 7—OUTWARD LEFT—BACKWARD DROP.

Outward left—Sweep. Backward drop and push—Right.
(Three times each).

CHANGE—By converting the backward push and drop of the right club, to an outward and sweep. When the club is pushed *right* the third time, instead of dropping it in front, turn it immediately to an outward. The left club makes no change but continues making the outward and sweep.

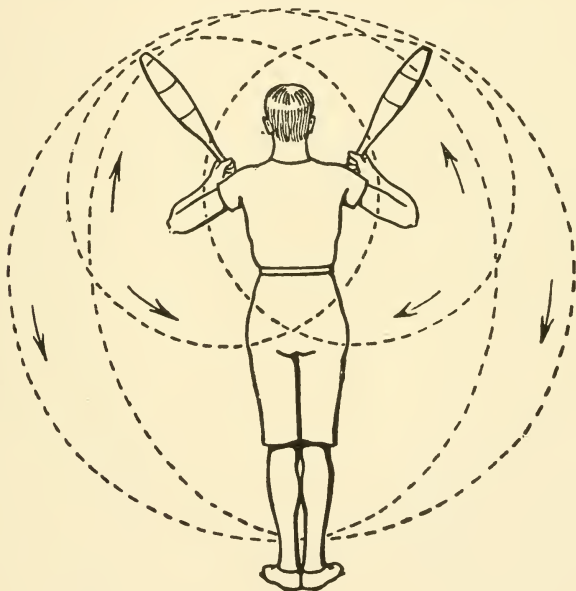


FIG. 8.
ALTERNATING OUTWARD.

Outward left—Sweep.	Outward right—Sweep.
“ “ “	“ “ “
“ “ “	“ “ “

CHANGE—By halting both clubs a second, just as the *right* club closes the third small outward. Reverse it to a small inward, followed by a full sweep. The left club also reverses its movement, making a sweep, followed by a small inward. One club is making an inward while the other is making a sweep.



FIG. 9.

ALTERNATING INWARD.

Inward right—Sweep. Inward left—Sweep.

" " " " " "

" " " Both clubs left side.

CHANGE—By making a small outward left, and a full sweep with the right; *i.e.*, what is known as small left, large right. Sweep both clubs in front at the same time, and bring them up on the right side, and sweep them up, over and back of the head, making small circles, both clubs parallel, as shown in the illustration.

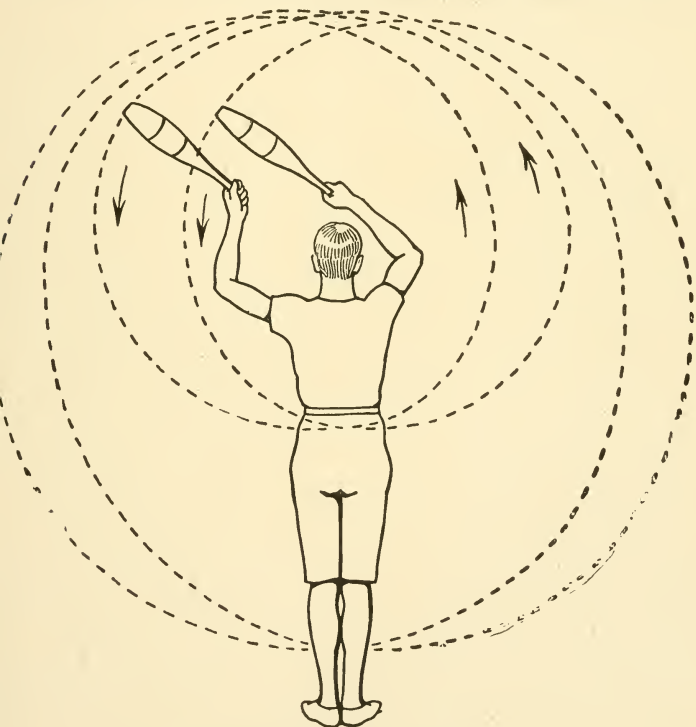


FIG. 10—SMALL CIRCLES—BACK.

One small circle—Sweep. Two small circles—Sweep.
Three small circles—Change.

CHANGE—By making an *extra* small circle with the left hand while the right sweeps in front. The right hand passes back to a small inward, while the left hand sweeps in front. By the time the small inward is finished with the right hand, the left will be in place for a small outward. The clubs now join, and make another double circle back of the head.



FIG. II—LEFT—RIGHT—BOTH.

Small left—Sweep.	Small right—Sweep.	Small—Both.
" "	" "	2 "
" "	" "	3 "

CHANGE—By pushing the left club up and out from the shoulder, while hastening the right in front, and making a full sweep, till—without halting either club—the right club is exactly opposite the left, just after the right passes the feet—both arms extended. The clubs should now follow each other, but neither *catch* the other. The right hand makes an inward and sweep, while the left is following with a sweep and outward.

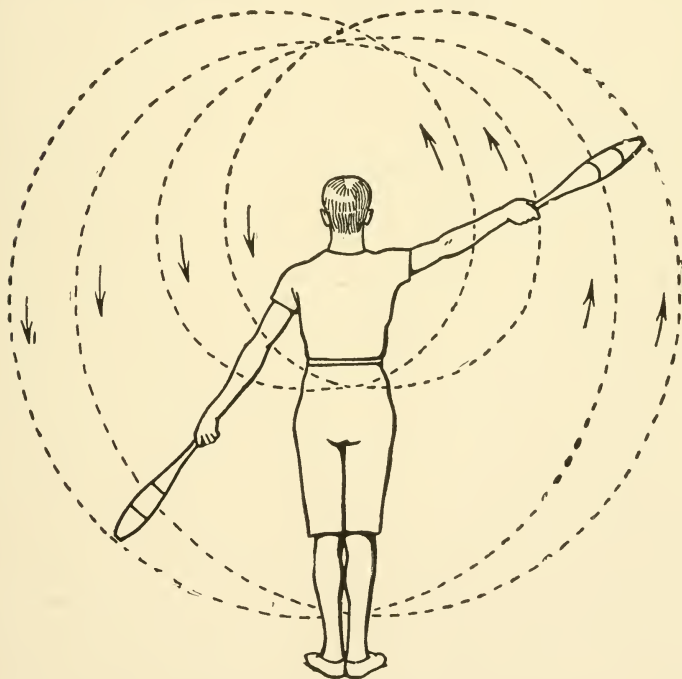


FIG. 12—THE WINDMILL.

Inward right—Outward left—Sweep—Sweep
 “ “ “ “ “ “
 “ “ “ “ omit sweep

CHANGE—By slowing up on the left till the right catches it. Sweep both clubs in front and then back of the head, as shown by position of clubs in Fig. 10. Continue the small inward circles with the right hand, but shift the position of the left a trifle forward, making small side circles. Both clubs should fall and rise at the same time, each crossing the track of the other. Swing them so that the circles are at right angles.



FIG. 13—SIDE AND INWARD—LEFT.

Small side—Left. Small inward—Right (three times each).

CHANGE—By quickly shifting the clubs to the *right* side, making a small inward with the left, and a small side with the right.



FIG. 14.

SIDE AND INWARD—RIGHT.

Small side—Right. Small inward—Left

4	6	6	6	6	6
6	6	6	6	6	6

CHANGE.~ By shifting the clubs back to the left side and then back to the right, continuing the same movement, but alternating from side to side.



FIG. 15.

ALTERNATE.

Side and inward--Left. Side and inward--Right

1	21	11	26	66	66	66	66
40	48	17	46	66	66	66	66

CHANGE—By bringing the clubs to a perpendicular poise on each side of the head. Make a small inward with the right, then a small inward with the left; again with the right, and again with the left. Sweep the right in front of the face, then the left, and bring them up to repeat the small inwards with each.

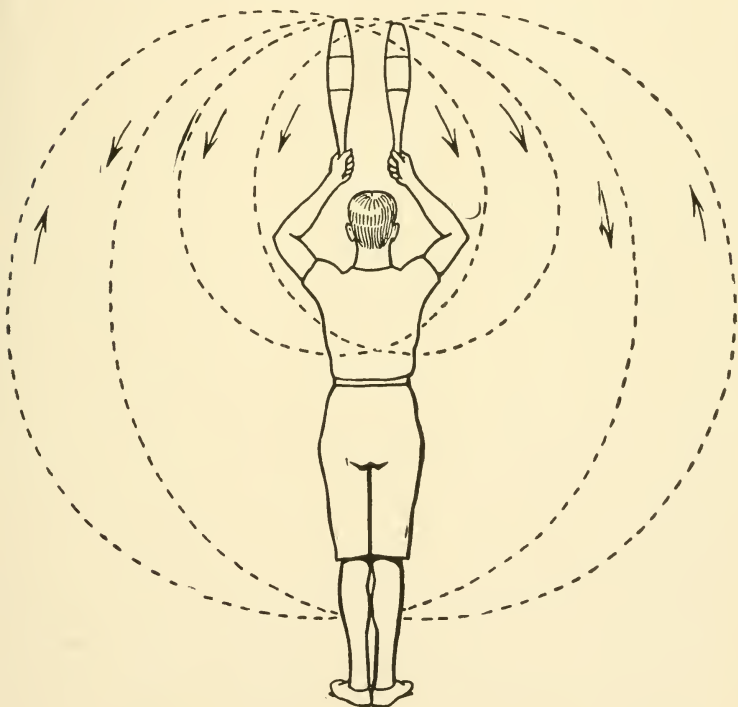


FIG. 16.

RIGHT—LEFT—RIGHT—LEFT—SWEEP—SWEEP.

Inward right—Inward left—Inward right—Inward left—Sweep—Sweep.

“ “ “ “ “ “ “ “ “ “
 “ “ “ “ “ “ “ “ “ “ omit sweep.

CHANGE—By omitting the sweep the third time. At the conclusion of the small circles, bring the clubs again to a perpendicular poise on each side of the head, and make small side-circles; both clubs falling and rising simultaneously.

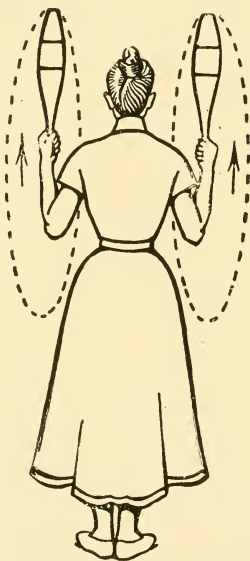


FIG. 17.

SMALL SIDES.

Small side—Right. Small side—Left. Together.

“ “ “ “ “ “ “

“ “ “ “ “ “ “

CHANGE—By bringing the clubs again to a perpendicular poise on each side of the head. Make small inwards with each hand at the same time, the clubs crossing each other at the handles.



FIG. 18.

SMALL INWARDS.

Small inward—Right.	Small inward—Left.	Together
" "	" "	" "
" "	" "	" "

CHANGE—By sweeping both clubs in front of the face at the same time, crossing each other above and below in the circle. Keep the arms as fully extended as possible.

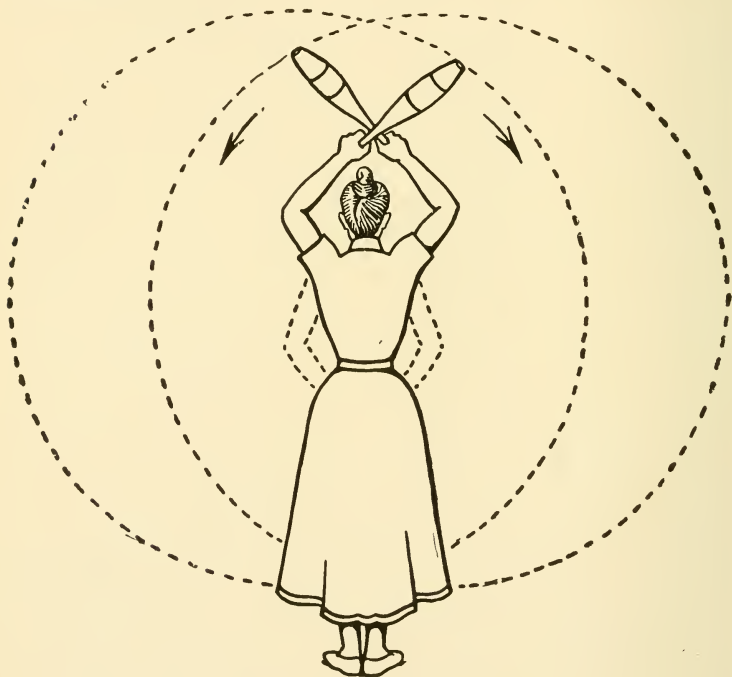


FIG. 19.
INWARD SWEEPS.

Sweep inward—Right. Sweep inward—Left. Together.

"	"	"	"	"	"	"
"	"	"	"	"	"	"

CHANGE--By bringing the clubs again to a perpendicular poise on each side of the head, and then unite the last three moves in one; *i.e.*, giving them in succession—one of each.

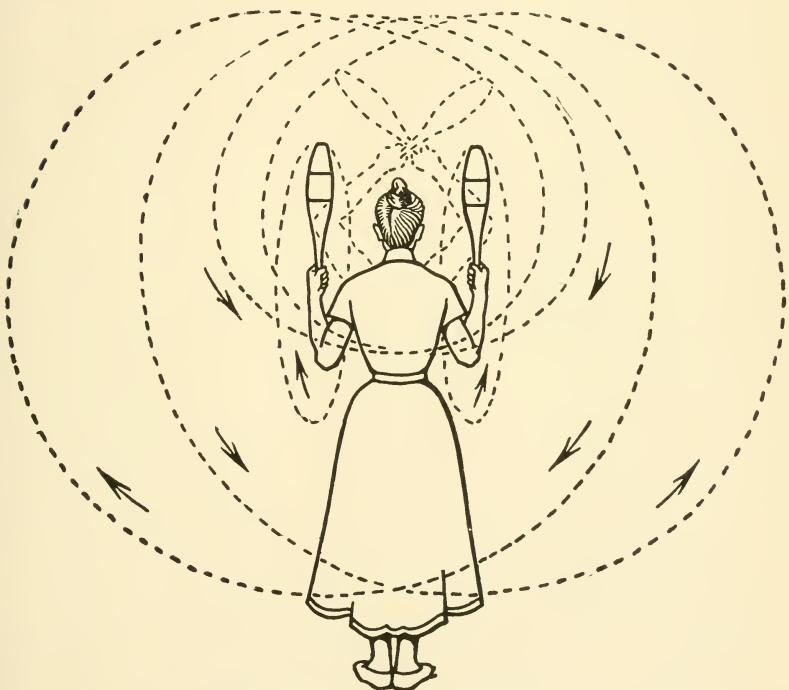


FIG. 20—SIDE—INWARD—SWEEP.

Small sides—Small inwards—Sweeps.

"	"	"	"	"
"	"	"	"	"
"	"	change.		

CHANGE—By bringing the clubs again to a perpendicular poise, and swing them to small circles toward the left, as shown by position of clubs in Fig. 10. Then turn the body quickly to the left—without moving the left foot. Make small side-circles once. Sweep the clubs together, bringing them up on the *right* side. Turn the body right—without moving the right foot and make small side-circles once. Sweep the clubs back to the left side and repeat. Both clubs should fall together—only one club being visible to any one sitting directly opposite.



FIG. 21—SMALL SIDE—LEFT AND RIGHT.

Small side—Left—Sweep. Small side—Right—Sweep

“ “ “ “ “ “ “ “
 “ “ “ “ “ “ “ “ Omit sweep

CHANGE—By halting the left club as it points up till the right club points down. Instead of the clubs falling simultaneously, they now fall successively, in the same direction.

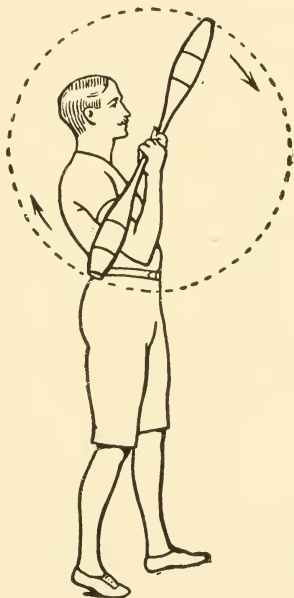


FIG. 22.

ALTERNATE.

Small sides.	Down—Right.	Down—Left.
"	"	"
"	"	"

CHANGE--By halting the right club when it points up, till the left club also points up. Continue the small side-circle *forward*, with the *left* hand, but *reverse* the small side-circle with the *right* hand. Again both clubs fall simultaneously, though in *opposite* directions.



FIG. 23.

REVERSE.

Small sides. Forward—Left. Reverse—Right.

“ “ “ “
 “ “ “ “

CHANGE—By halting both clubs when vertical, make *small sides* and sweep to the left. Turn the body to the left without moving the left foot. Make small sides as soon as the clubs come up on the left side; then make small circles again, but pass both clubs *inside* the arms; then again small circles *outside*; then thrust both clubs under the arms, as shown in the illustration. Then toss the clubs up for small circles again. Both clubs fall inside or outside, as the case may be, *at same time*.

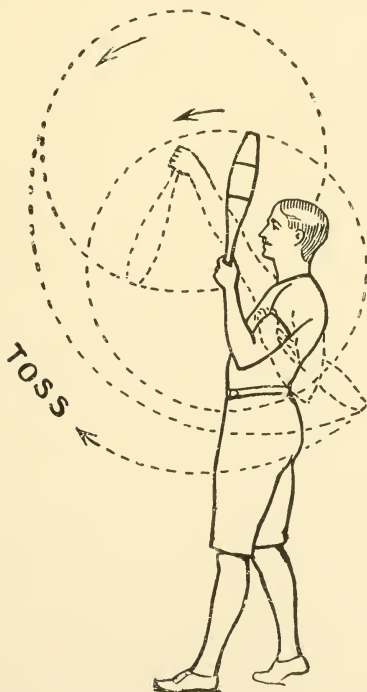


FIG. 24—DOUBLE CHIN KNOCKER.

Small circles—Outside—Inside—Outside—Under. Toss.
(Three times each.)

CHANGE—By sweeping the clubs in front—now facing front. Check the right club when the arm and club are perfectly horizontal. Push the left club back of the head and make a small inward, three times, while holding the right hand and club perfectly quiet. Sweep the left club in front, make a poise and drop, and, *as it drops*, sweep the right club down with it.

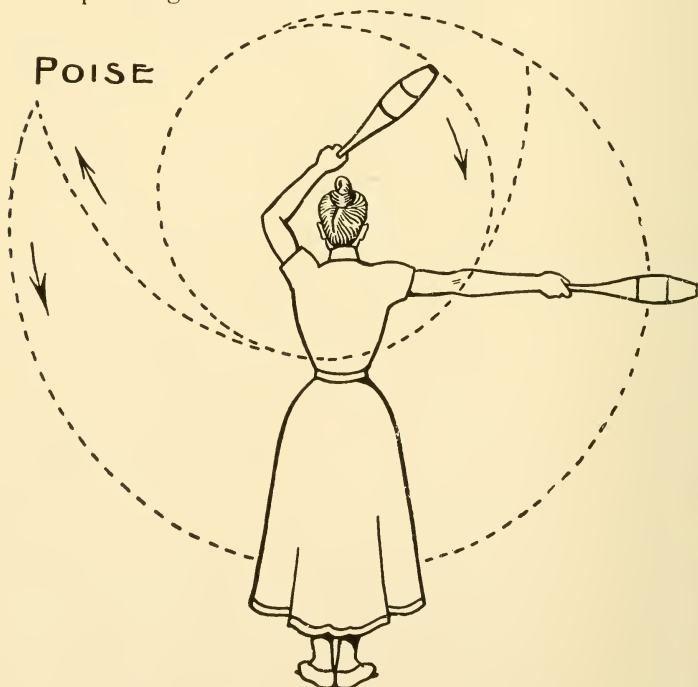


FIG. 25—RIGHT HORIZONTAL.
 Horizontal—Right. Inward 1—Left.
 " 2 "
 " 3 " and sweep.
 Poise and drop—Left. Sweep both.

CHANGE—By sweeping the clubs up to the left side, holding the *left* arm horizontal, and passing the *right* club back of the head. Make three small inward circles with the right hand, then sweep in front of the face, and make a poise and drop with the right hand.

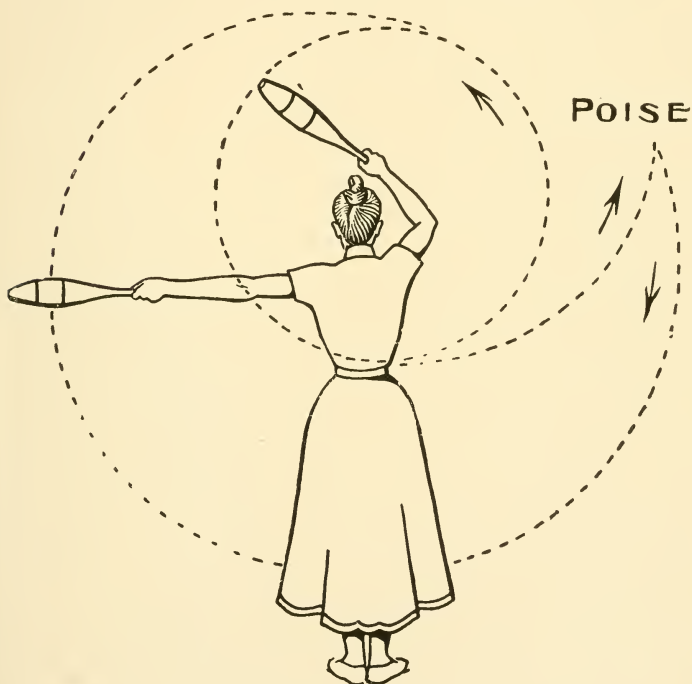


FIG. 26—LEFT HORIZONTAL.
 Horizontal—Left. Inward 1—Right.
 “ 2 “
 “ 3 “ and sweep.
 Poise and drop—Right—Sweep both

CHANGE—By sweeping the clubs to a small circle back of the head, as shown by the position of the clubs in Fig. 10. Turn the body *squarely* to the left, the weight on both feet. Make a small side-circle with the left hand, while the right makes a large side-circle. Then make a small side-circle with the *right* hand, and a *large* side-circle with the left. Both clubs should fall with the same impulse—the one making a large circle, while the other makes a small.

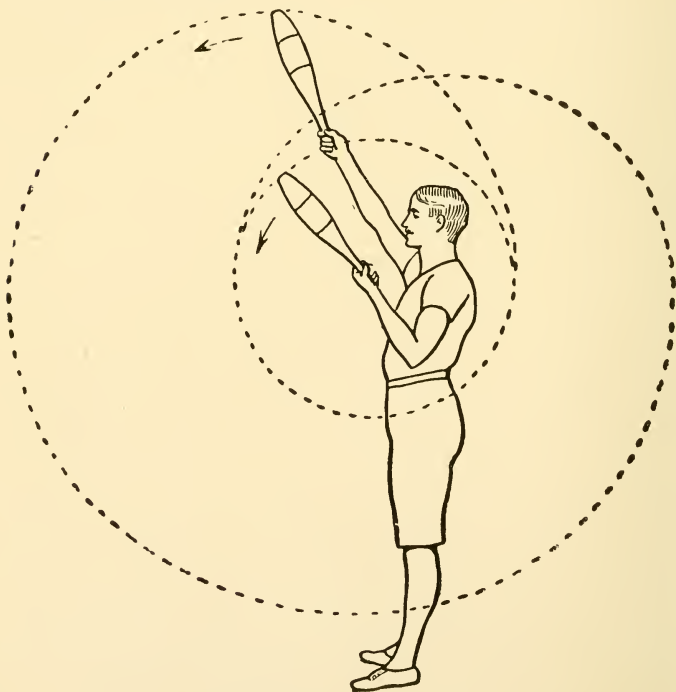


FIG. 27—SHOULDER BRACE.

Small left—Large right. Small right—Large left.

“ “ “ “ “ “ “ “
“ “ “ “ change “ “

CHANGE—by checking the large side-circle, with the right hand, just as the club has passed a short distance back of the feet. At the same time extend the left arm and club up and forward—pointing exactly opposite the right. Slip the right foot a little back of the left—the momentum of the club on the downward sweep will aid you. With a quick but strong impulse sweep both clubs at once in opposite directions—the left arm makes a large circle forward, the right arm a large circle reversed. Keep the arms *unbent* and close to the body.

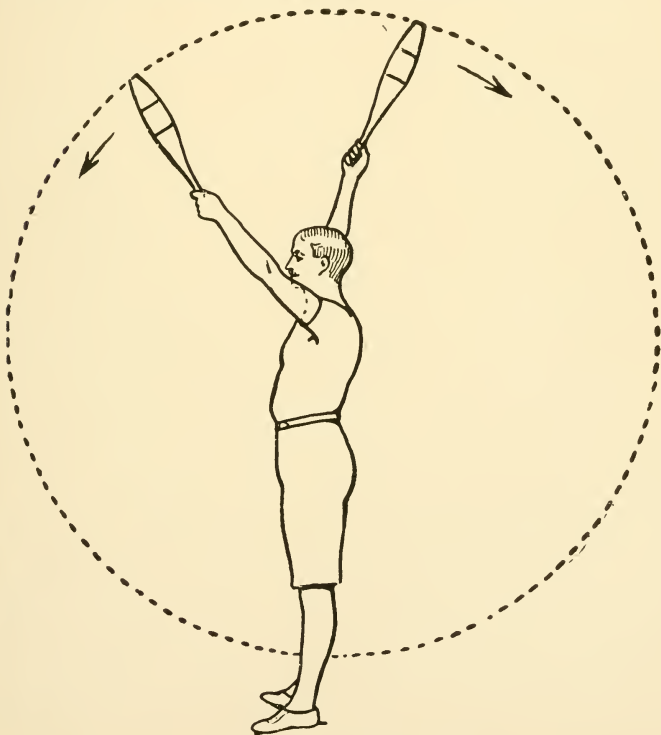


FIG. 28—LARGE REVERSE.

Left and Right—opposite (repeat three times.)

CHANGE—By halting the right club as it sweeps up in front on the third reverse. Let it fall to a *small side*. Check the left club as it passes the feet the third time, and bring it up in front with a sweep. It will reach there in time to join the right club as it makes a second small side-circle. Join them (both making a *small side*), sweep them to the front (turning the body front), and pass them back of the head, making small circles back, as shown by position of clubs in Fig. 10. Pass directly to the *windmill*, and add small side alternates (Fig. 22).

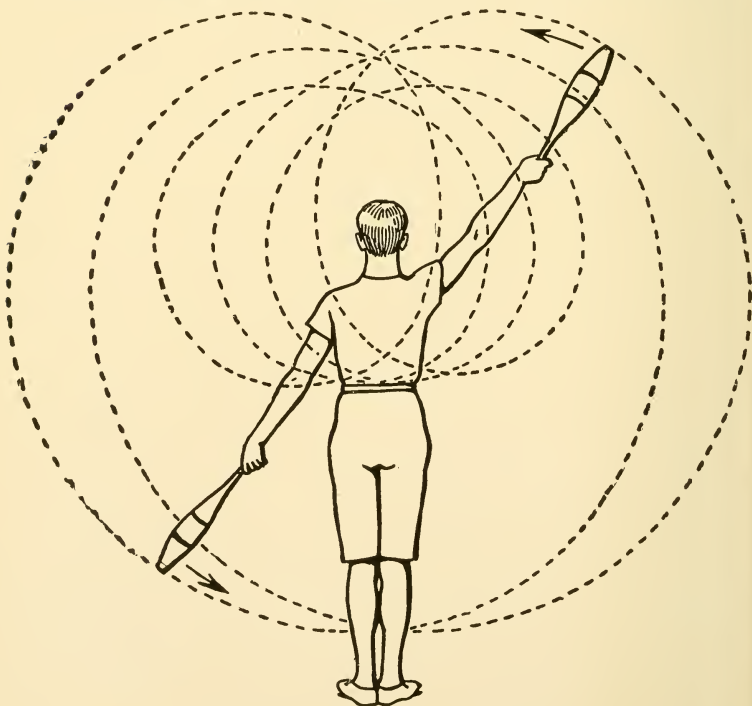


FIG. 29—WINDMILL—ALTERNATE.

Inward right—Outward left—Small side right—Small side left—Sweep right. Sweep left. Repeat three times. Sweep both.

THE FINISH

Halt the right club when completing the third small alternate, till the left club comes up on the third small circle. Sweep both in front with one impulse, and pass them back over the head to a small circle, as shown by the position of the clubs in Fig. 10. Follow this with a small side-circle (Fig. 21). Pass the clubs gracefully under the arms (Fig. 24). Keep them there till you have made your bow and exit.



TWO CLUBS



TO TAKE UP BOTH CLUBS ARTISTICALLY

Face front. Stand between the clubs. Fold the arms. With the first note of the music unfold the arms, raise the hands above the head and sweep them down to the side. Bend the body, take the clubs with sufficient impulse to sweep them a short distance back. Straighten the body, and this will give the clubs an impulse forward. Sweep them up high enough in front to make small side-circles (Fig. 17), then small circles back of the head (Fig. 10), then, turning the body quickly to the left, make small side-circles (Fig. 21), halting them in position of Fig. 1—two clubs.

I herewith present my *system* of exercises :

CONDENSED FOR CONVENIENCE—TWO CLUBS.

No. 1. Point Left. Right—Left.

“ “
“ “

No. 2. Small left—Large right. 1-2-3. Sweep.

No. 3. Small right—Large left. 1-2-3. Sweep.

No. 4. Alternate. Left—Right.

“ “
“ “ sweep.

No. 5. Backward drop. Right—Left.

“ “
“ “

No. 6. Forward drop. Left—Right.

“ “
“ “

No. 7. Outward left—Backward drop, right.

“ “
“ “

No. 8. Alternating outward. Left—Right.

“ “
“ “

No. 9. Alternating inward. Right—Left.

“ “

“ sweep

No. 10. Small back circles. 1—Sweep.

2 “

3 change.

No. 11. Left—Right—Both

“ “ “ 1

“ “ “ 2

“ “ “ 3 change.

No. 12. Windmill. 1-2-3.

No. 13. Side and inward—Left side. 1-2-3.

No. 14. Side and inward—Right side. 1-2-3.

No. 15. Alternate. Left—Right.

“ “

“ “

No. 16. Right—Left—Right—Left—Sweep—Sweep

“ “ “ “ “ “

“ “ “ “ Halt.

No. 17. Small sides. 1-2-3.

No. 18. Small inwards. 1-2-3.

No. 19. Double inward sweeps. 1-2-3.

No. 20. Small sides—Inwards—Sweeps.

“ “ “

“ “ “

“ Turn.

No. 21. Small sides, left—one. Small sides, right—one

“ “ two. “ “ two.

“ “ three. “ “ three.

No. 22. Alternate. Right—Left.

“ “

“ “

No. 23. Reverse. 1-2-3. Sweep to left side.

No. 24. Out—In—Out—Under. Toss.

“ “ “ “ “

“ “ “ “ “

“ and sweep.

No. 25. Right—Horizontal.

Left—Inward. 1-2-3. Sweep.

“ Poise and drop.

Take it along (the right club).

No. 26. Left—Horizontal.

Right—Inward. 1-2-3 Sweep.

“ Poise and drop.

Take it along (the left club). Sweep —
turn.

No. 27. Shoulder brace. Left—Right.

“ “

“ reverse.

No. 28. Large reverse. 1-2-3.

No. 29. Windmill and alternate. 1-2-3.

Pass the clubs under the arms, and make your bow
and exit.



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TRADE-MARK

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QUALITY

Spalding Gold Medal Wood Dumb Bells

Special skill is used in turning Spalding wood dumb bells. They feel right because they are so.



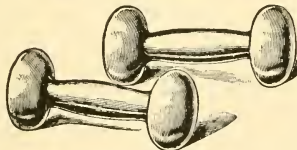
Model A Dumb Bells



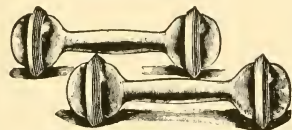
Model AW Dumb Bells



Iron Dumb Bell



Nickel-Plated Dumb Bells



Nickel-Plated Dumb Bells, with Rubber Bands

Model A. Natural Color, Lathe Polished, High Finish Spalding Gold Medal Dumb Bells are made of selected first grade clear maple, and are perfect in balance. Each bell bears fac-simile of the Spalding Gold Medal. Each pair is wrapped in paper bag. Weights specified are for each bell.
 $\frac{1}{2}$ lb. Bells. 1 lb. Bells. 2 lb. Bells.
 $\frac{3}{4}$ lb. Bells. $1\frac{1}{2}$ lb. Bells.

Spalding Trade-Mark Wood Dumb Bells

Model AW. (Stained Finish)

Spalding Trade-Mark quality. Made of good material and superior in shape and finish to the best wood dumb bells of other makes. Each pair wrapped in paper bag. Weights specified are for each bell.
 $\frac{1}{2}$ lb. Bells. 1 lb. Bells. 2 lb. Bells.
 $\frac{3}{4}$ lb. Bells. $1\frac{1}{2}$ lb. Bells.

Spalding Iron Dumb Bells

Made on approved models, nicely balanced and finished in black enamel. Sizes 2 to 40 lbs 6c. ★ 5c. lb. Over 40 lbs., 8c. lb.
 ★ (6½c. lb.)

Bar Bells, weight 25 lbs. or more for complete Bar Bell, supplied regularly with steel handles, length 3 feet between bells. 12c. lb. ★ 10½c. lb.
 Bar Bells, weight 25 lbs. or more for complete Bar Bell, with steel handles, either shorter or longer than regular length as noted above. 15c. lb. ★ 13½c. lb.
 Prices for Bar Bells weighing other than above quoted on application.

Quantity prices in italics preceded by ★ will be allowed on 25 lbs. or more of iron dumb bells or 100 lbs. or more of bar bells

Spalding Nickel-Plated Dumb Bells (Nickel-Plated and Polished)

No. 1N. 1 lb. Bell	No. 3N. 3 lb. Bell
No. 2N. 2 lb. Bell	No. 4N. 4 lb. Bell
No. 5N. 5 lb. Bell	
WITH RUBBER BANDS	
No. 1B. 1 lb. Bell	No. 3B. 3 lb. Bell
No. 2B. 2 lb. Bell	No. 4B. 4 lb. Bell
No. 5B. 5 lb. Bell	



Savage Bar Bell

Especially designed by Dr. Watson L. Savage.

Model S. Has large pear shaped ends, with a flexible hickory shaft $\frac{1}{2}$ -inch in diameter, producing a vibratory exercise similar to that obtained with the French wand.

Spalding Ash Bar Bells

Spalding School Wand

No. 3. $3\frac{1}{2}$ feet long. Straight grain maple, black finish.

No. 4. $4\frac{1}{2}$ feet long. 1 inch diameter. Black finish.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one dozen pairs or more on sizes up to one pound and on one-half dozen pairs or more on sizes over one pound in weight. Quantity prices will NOT be allowed on items NOT marked with ★

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Spalding Gold Medal Indian Clubs

Model, material and finish as perfect as the most complete and up-to-date factory can make them

NATURAL COLOR, LATHE POLISHED, HIGH FINISH
Spalding Gold Medal Indian Clubs are made of selected first grade clear maple, in two popular models and are perfect in balance. Each club bears fac-simile of the Spalding Gold Medal. Each pair is wrapped in paper bag.

Model E—Weights specified are for each club

$\frac{1}{2}$ lb. Pair,	$1\frac{1}{2}$ lb. Pair,
$\frac{3}{4}$ lb. " "	2 lb. " "
1 lb. " "	3 lb. " "

Model B—Weights specified are for each club

$\frac{1}{2}$ lb. Pair,	$1\frac{1}{2}$ lb. Pair,
$\frac{3}{4}$ lb. " "	2 lb. " "
1 lb. " "	3 lb. " "



Model E



Model B

Spalding Trade-Mark Indian Clubs

STAINED FINISH

The following clubs bear our Trade-Mark, are made of good material, and are far superior in shape and finish to the best clubs of other makes. Furnished in two popular models.

Each pair wrapped in paper bag.

Model ES—Weights specified are for each club

$\frac{1}{2}$ lb. Pair,	$1\frac{1}{2}$ lb. Pair,
$\frac{3}{4}$ lb. " "	2 lb. " "
1 lb. " "	3 lb. " "

Model BS—Weights specified are for each club

$\frac{1}{2}$ lb. Pair,	$1\frac{1}{2}$ lb. Pair,
$\frac{3}{4}$ lb. " "	2 lb. " "
1 lb. " "	3 lb. " "



Model ES



Model BS

Spalding Exhibition Clubs

Handsomely finished in ebonite; for exhibition and stage purposes. The clubs are hollow, with large body, and although extremely light, represent a club weighing three pounds or more.

No. A.	Ebonite finish, \$3.50
No. AA.	With German Silver Bands. Pair, \$5.00



No. A

No. AA

Indian Club and Dumb Bell Hangers



No. 1

Made of
Iron and
Nicely
Japanned

No. 1.	Pair,
No. 1M.	Mounted on oak strips. Pr., 25c. ★ \$2.70 Doz.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one dozen pairs or more on sizes up to one pound, and on one-half dozen pairs or more on sizes over one pound in weight. Quantity prices will NOT be allowed on items NOT marked with ★

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Spalding Swinging Rings

Made of japanned iron, 6 inches in diameter, inside measurement

COMPLETE FOR HOME USE

- No. 1. With 5-foot ropes. Per pair.
No. 2. With 6-foot ropes. "
No. 3. With 7-foot ropes. "
No. 4. With 8-foot ropes. "

Rings, leather covered, \$4.00 per pair extra.

WITHOUT ROPES AND CLAMPS

- No. 10. 6-inch. Pair,
No. 20. 8-inch. "
No. 30. 10-inch. "

Sizes mentioned are inside measurements. Rings, leather covered, \$4.00 per pair extra.



Spalding Wooden Exercising Rings

Made of three thicknesses of black walnut and maple glued together, with grain crossing.

- No. 1. Per pair, \$1.00

Made of one piece solid maple, nicely finished.

- No. 2. Per pair, 75c.



The gymnasium goods listed in this catalogue are intended primarily for individual home use. We issue a special catalogue devoted to apparatus suitable for gymnasiums and solicit correspondence with clubs, associations and others interested in gymnasium equipment.

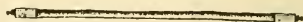


Spalding Complete for Home Use Single Trapeze

Prices, including 8 feet of rope or less.

- No. 1. 2½ foot bar. Each,
No. 2. 3 foot bar. "
No. 3. 3½ foot bar. "

Spalding Trapeze Bars WITHOUT ROPE



- No. 1B. 2½ feet long, bars only. Each,
No. 2B. 3 feet long, bars only. "
No. 3B. 3½ feet long, bars only. "

Spalding The value of a Mattresses good mattress as a preventive

of strains and bruises in home exercises is not generally recognized, but it is a fact that in this one feature lies their chief value. They are also indispensable as an adjunct to home acrobatics, and in fact for most any kind of home gymnasium work they are well nigh indispensable. The mats listed below are designed especially for home use and are recommended for that purpose only. Supplied only in sizes and materials specified. Covered with best No. 10 white duck, filled with two layers of one-inch hair felt, closely tufted and strongly sewed. Two inches thick.

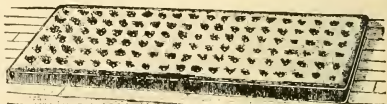
- No. 00. 3x5 feet. Each,
No. 01. 4x6 feet. "

- No. 02. 5x6 feet. Each,
No. 03. 5x10 feet. "

Special Wrestling Mattresses

Cover heavy quality duck, closely tufted, 2 inches thick. Corduroy cover to lay over mat and allow 6-inch margin on all sides.

- No. WX. Size 12 x 12 feet. Each,
No. WXX. Size 15 x 15 feet. Each,



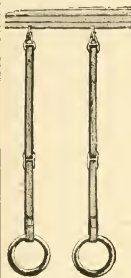
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SPALDING HOME GYMNASIUM

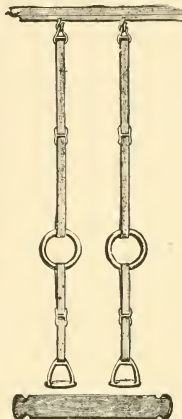
Combining Swinging Rings, Trapeze Stirrups and Swing



Can be put up
Anywhere



Especially adapted for
use by Boys and Girls



Home Apparatus

Start with the boy by making him take some kind of exercise, and if he is not inclined to do so without urging, provide him with suitable apparatus that is at the same time interesting. It won't be long before you will see the effects in his improved physique and no urging will be necessary to induce him to show off his prowess on swinging rings or trapeze. The boy that is started this way grows up with the inclination for athletic exercise that will keep him in good health during the balance of his life.

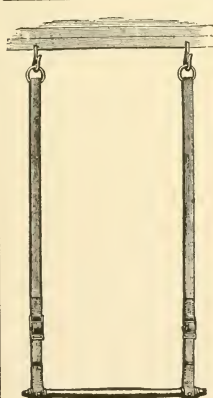


The apparatus is supported by two strong screw-hooks in the ceiling, about eighteen inches apart. It can also be used out of doors. The straps are of extra strong webbing and adjustable to any desired height; rings heavily japanned.

The apparatus can be put up in any room, and removed in a moment, leaving only two hooks in the ceiling visible. The various combinations can be quickly and easily made. We furnish in addition, a board adjustable

to the stirrups, which forms an excellent swing.

No. 1. Complete, ready to put up.



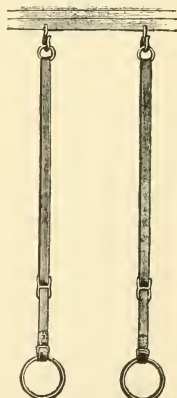
No. 201. Adjustable
Trapeze

SPALDING ADJUSTABLE TRAPEZE AND SWINGING RINGS

Furnished complete; everything necessary for suspending. The supports are made of extra strong webbing. Perfectly safe under all conditions, and with the adjustable buckle, may be adapted to any ceiling from 16 feet down.

No. 201. Trapeze.

No. 301. Complete, with 6-inch Japanned Swinging Rings.



No. 301. Adjustable
Swinging Rings

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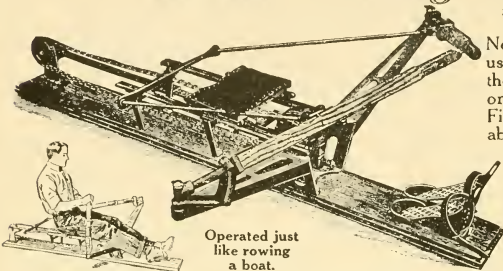


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GUARANTEES
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Kerns' Rowing Machine

Suitable Alike for the Athlete or the Ordinary Man or Woman



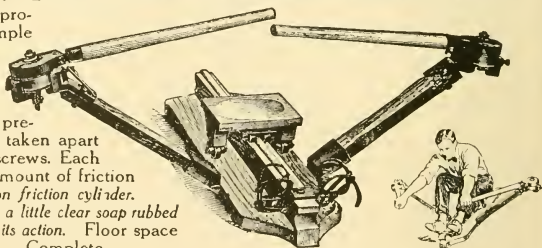
Operated just
like rowing
a boat.

No. 600. The ideal boat for home use and training purposes. Brings the exercise usually obtained on river or lake into the home or bedroom. Fitted with roller seat and adjustable shoes to fit either a tall or a short person. Thumb-nut arrangement controlling belt allows more or less friction to be thrown into the running parts, imitating the resistance which exists when forcing a row boat through the water. The resistance may be reduced for the weaker sex or increased to suit the

strongest athlete. Oars are pivoted in such a way that operator can handle and turn them same as he would during the return and feathering motion with a boat oar. Floor space required, 6x5 ft. Ea.,

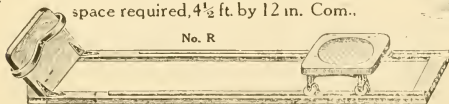
THE LAFLIN FRICTION ROWING MACHINE

No. 119. The means used to produce the resistance is a simple friction clutch, which takes instant hold at the commencement of the stroke and retains the pressure till its completion, when it instantly releases it, precisely as in a boat. Quickly taken apart without loosening any bolts or screws. Each machine is adjustable to any amount of friction or resistance. Do not use oil on friction cylinder. If its action is not perfectly smooth a little clear soap rubbed on its surface will properly correct its action. Floor space required, 4½ feet by 4½ feet Complete,

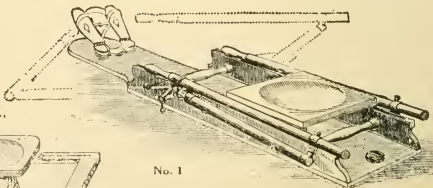


SPALDING ROWING ATTACHMENTS, in connection with Chest Weight Machines, will be found particularly suitable for home use; can be detached from the weight machine quickly and put away in a very small space until the next opportunity for use presents itself. To be used in connection only with chest weights which have center arm adjustment, or with handles arranged so that they can be pulled from a bracket close to the floor.

No. 1. This attachment, as will be noted, has out-riggers and arms similar to the rowing machine, and offers a great variety of work when used in connection with chest weight. Floor space required, 4½ ft by 4½ ft. Complete, No R. Designed to fill the demand for a low priced article of this kind, built along substantial lines. Gives entire satisfaction. Floor space required, 4½ ft. by 12 in. Com.,



No. R



No. 1

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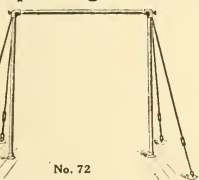
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Spalding Home Vaulting Horse



No. 1. Four legs, telescoping, the inside or extension legs being made of hard wood, with iron hoofs. Body covered with cowhide of the best quality. Closed pommels, easily detachable.

Spalding Floor Horizontal Bar



No. 72



No. 72. Wrought iron pipe uprights, detachable iron head pieces, steel guy wires, wrought iron turnbuckles and floor plates; steel core bar.

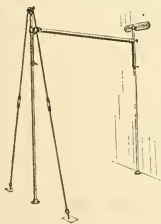
No. 73. Same as our No. 72, except furnished with split hickory bar instead of steel core bar.

No. 75. Iron uprights and guys, solid hickory bar.

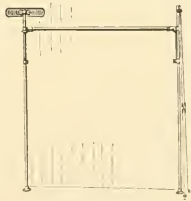
Floor space required for either Nos. 72, 73 or 75, 9 feet by 6 feet. Height, 7 3-4 ft

Spalding

Wall Horizontal and Vaulting Bar



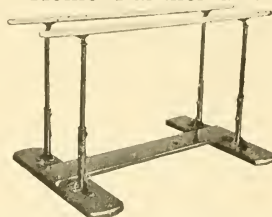
No. 74. This bar is designed to provide an ideal combination Horizontal and Vaulting Bar where space is an important consideration. By loosening the guys attached to the outer upright the bar is made to swing back flat against the wall, as



Vaulting Bar Folded Back Against Wall

Vaulting Bar in Position shown in the illustration. The uprights are cold rolled steel, polished and nickel-plated, and have engraved graduations. The bar proper is selected hickory, with special spring steel core. Floor space required, 6 feet by 5 feet. Height, 7 3/4 feet

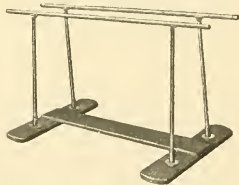
Spalding Home Parallel Bar



No. 101. This is an excellent medium priced bar, made adjustable in height and of good material throughout. The base is constructed of hard wood, the uprights are iron and free from any dangerous projections or corners. The hand rails are 8 feet long, regular, but may be furnished in any desired length at additional cost. Floor space required, 8 feet by 4 1/2 feet.



Spalding Home Parallel Bar



No. 102. This bar, in quality of material and construction is very similar to the No. 101 listed above; but it is not adjustable. An excellent bar for amateur and juvenile work and is readily portable. Floor space required, 8 feet by 4 1/2 feet.

The Gymnasium Goods listed in this catalogue are designed primarily for individual and home use. We do not recommend them as suitable for heavy gymnasium work. We issue a Special Catalogue devoted to apparatus of this type, and all correspondence pertaining to same is carried on direct with A. G. Spalding & Bros., Incorporated, Gymnasium Contract Department, Chicopee, Mass. This department will always be pleased to make up special plans, estimates, etc., and solicits correspondence.

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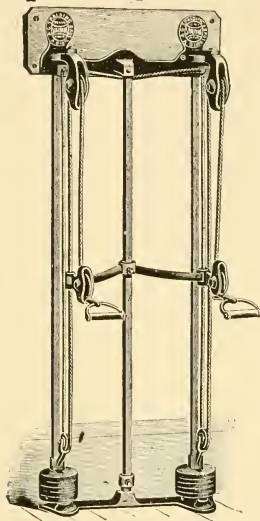
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Spalding Chest Weight No. 5 and Attachments



chines in one, and is particularly suitable where space is a consideration. Japan finish. Each machine is equipped with sixteen pounds of weights.

Spalding Chest Weights may be put up in a few minutes

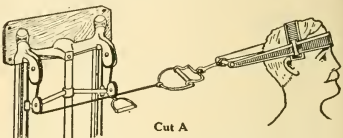
Spalding Chest Weight No. 5

The movements for which this machine was specially designed are calculated to correct defects incident to school and office work, correct flat chest, round shoulders, forward head, regulate digestion and assist nature in the elimination of the waste products of the system, and in conjunction with the bath to produce that buoyant feeling which makes life really worth living. To get best results enter into the exercises as described and illustrated in "Pulley Weight Exercises," Spalding Athletic Library, No. 29, price 10 cents, with your whole being, so as to induce copious perspiration.

No. 5. Because of its adjustment feature, which permits of all lower, as well as direct chest movements, this machine is ideal for home use. The various changes are made by raising or lowering the center arm, requiring but a few seconds. It really combines two ma-

Spalding Head and Neck Attachment

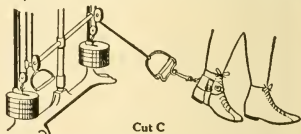
No. 3. Heavy cowhide. Ready for use by simply snapping to one of the handles or both. Each, \$1.50 For business men. Overcomes tendency to forward head, due to continuous work at desk. For women, will help develop a nicely rounded neck. This attachment, together with special center arm movements, as shown in cut B, and exercise with foot and leg attachment, shown in cut C, will produce an absolutely erect carriage.



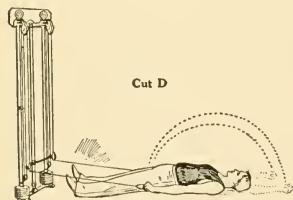
Illustrating Method of Fastening Head and Neck Attachment to No. 5 Chest Weight Machine.

Spalding Foot and Leg Attachment

No. 2. Heavy cowhide. Readily attached to one handle or both; can be worn with or without shoe. Ea., \$1.50 This provides a local exerciser for all muscles of the leg. As such it is an excellent device for strengthening weak muscles, toning up others and giving exercise to stiff joints.



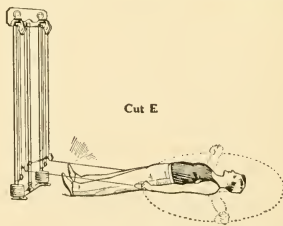
Illustrating Method of Fastening Foot and Leg Attachment to No. 5 Chest Weight Machine.



To Deepen the Chest

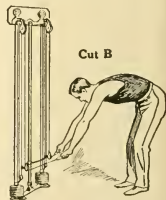
Lying on the mat, feet toward the machine (ropes through lower pulleys), swing arms forward and over the head (not sideways) as far as possible. Keep elbows rigid. Inhale as the arms swing forward over the head; exhale as the arms return.

For extremely stout business men particularly, the exercises shown in Cuts D and E will overcome, to a large extent, breathlessness, due to climbing stairs, etc. Never exercise within two hours after eating.



To Widen the Chest

Lying on the mat with feet toward the machine, place the cords in lower pulleys, pull the cords over the head sideways, keeping the arms and hands close to the floor, elbows stiff. Inhale as the arms swing sideways over the head; exhale as they return.



Illustrating Special Exercise with No. 5 Chest Weight for Producing Erect Carriage.

Bend body forward and flex thighs. Pull from floor. This movement exercises the lower back and thighs and part of upper back.

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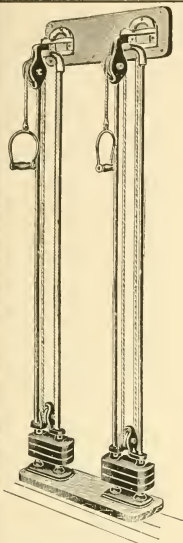
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Spalding Chest Weight No. 12

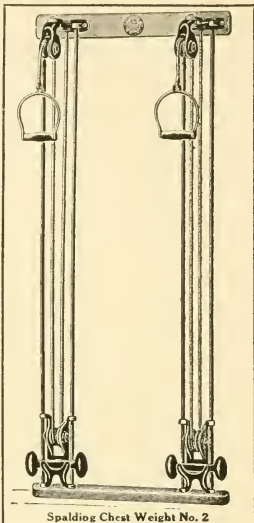


Spalding Chest Weight No. 12

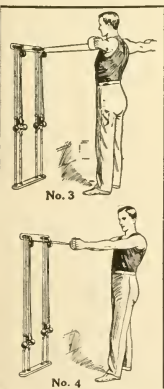
No. 12. This machine, especially designed for home exercise, will be found high grade in every particular. Cast iron parts are all nicely japanned. The wheels are iron, turned true on centers, and have hardened, steel cone point bearings. The guide rods are spring steel, copper-plated. The weight carriage has removable felt bushings, noiseless and durable. Each handle is equipped with 10 pounds of weights.

Spalding Chest Weight No. 2

No. 2. A good machine for home use. Well made and easy running. Rods are $\frac{3}{8}$ -inch coppered spring steel. Bearings are hardened steel cone points running in soft, gray iron, noiseless and durable. Weight carriage packed with felt, good for long wear, but easily removed and replaced when necessary without the use of glue or wedges of any kind. Weight carriage strikes on rubber bumpers. Weights are 5-pound iron dumb bells, one to each carriage, and may be removed and used as dumb bells. Wall and floor boards are hard wood, nicely finished and stained. All castings heavily japanned. Every part of machine guaranteed free of defect.



Spalding Chest Weight No. 2



No. 3

No. 4

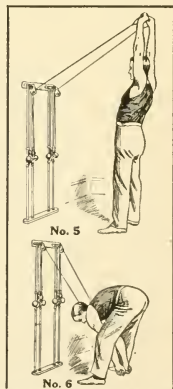
Illustrations show movements with above type of machine, with notes as to corrective effects. Complete course of exercises given in Spalding's Athletic Library, No. 161, "Ten Minutes Exercise for Busy Men," by Luther Halsey Gulick, M.D. Price 10 cents.

Exercise No. 3 (see cut). Strengthens back, upper arm and upper back. Especially good in correcting round shoulders and flat chest.

Exercise No. 4 (see cut). Strengthens all waist muscles, aids digestion, corrects constipation, develops hips.

Exercise No. 5 (see cut). Corrects round shoulders and flat chest, develops whole back arm.

Exercise No. 6 (see cut). Aids digestion, corrects constipation, reduces size of abdomen.



No. 5

No. 6

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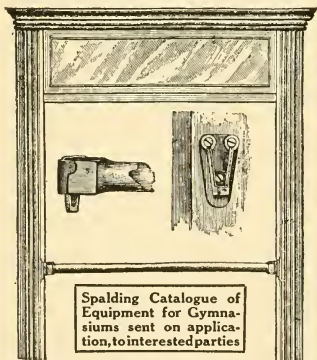
Spalding Adjustable Doorway Horizontal Bar



No. A. The bar itself is made of selected hickory, having steel tubular ends into which iron sockets screw, holding rubber cushions. The socket on one end contains a left hand thread, on the other end a right hand thread. By fitting the bar in the doorway and turning it with the hands the ends are made to expand, and the friction applied by the rubber against the sides of the doorway is sufficient to sustain the weight of a heavy man. This bar may be used for chinning exercises, being adjustable to any height, also for abdominal work, as shown by cuts in margin of this page. Size of doorway in which bar will be used must be stated when ordering, as the adjustment is not great enough to meet all requirements in one size bar.

This No. A Bar is supplied regularly to fit any doorway under 33 inches in width. Bars to fit wider doorways. Extra, 50c.

Should not be used in doorways wider than 42 inches. If length larger than 42 inches is required, it would be advisable to use a regular horizontal bar. Various styles listed below.



Spalding Catalogue of
Equipment for Gymna-
siums sent on applica-
tion, to interested parties

Spalding Doorway Horizontal Bar

No. 101. The keys fastened to each end of bar fit in the side sockets, which are secured to door jamb and hold the bar firmly in place. The parts are of malleable iron, very light, yet strong enough to sustain the heaviest man. The bar may be quickly removed when not in use, leaving no projecting part. Complete with parts.

This No. 101 Bar is supplied regularly to fit any doorway under 37 inches. Bars to fit wider doorways, Extra, 50c. Should not be used in doorways wider than 42 in. If length larger than 42 in. is required, it would be advisable to use a regular horizontal bar. Various styles listed below.

Extra sockets for doorway. Pair, 50c.

With two pairs of sockets bar may be used for either chinning or abdominal exercises.

Spalding Horizontal Bars

Our steel core hickory bars are superior to anything of the kind in the market, and are almost exclusively used by professionals. The core is made of the finest tool steel. Every bar warranted.

Steel Core Bars



- No. 112. 5½ feet.
- No. 113. 6 feet.
- No. 114. 6½ feet.
- No. 115. 7 feet.

Solid Hickory Bars

Made of selected second growth hickory.

- No. 116. 4 feet.
- No. 117. 4½ feet.
- No. 118. 5 feet.
- No. 119. 5½ feet.
- No. 120. 6 feet.
- No. 121. 6½ feet.



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Spalding Automatic Abdominal MassEUR

A Safe and Sure Cure for Constipation and Other Kindred Ailments

Useful for treatment of constipation, based upon the principle of muscular contraction (the force which nature uses). It effectually applies force in the same direction that nature does, and will gradually discard the use of cathartics. A few moments' use each night, before retiring, and in the morning, upon arising, is all that is necessary. Its action upon the liver and stomach is equally as prompt and effective, and derangements of these organs are speedily remedied. Complete, \$10.00

N. E. cor. 15th and Locust Sts., Philadelphia, Pa.
May 24, 1906.

A. G. SPALDING & BROS.

Gentlemen: I have used the Spalding Automatic Abdominal MassEUR in my practice for over fifteen years. I have found it of great benefit in chronic constipation and indigestion. Your improvement increases its value.
Very truly yours, WALTER A. FORD, M.D.

Spalding Home Gymnasium Board

A Complete Gymnasium for the Home on One Board. Floor space required, 3 ft. by 2 ft. Height, 8 ft. Floor board and staple plate only are attached permanently. Upper board is held in position by pressure of guy rod and will not mar the wall in the slightest degree.

Convenient, does not take up much room, is always ready, and is really the most compact, simplest and best arrangement for providing complete set of home exercising apparatus that has ever been devised. Consists of

Board, with attachments for fastening to floor of room, so that walls need not be marred.

Spalding Abdominal MassEUR.

No. PR. Spalding Adjustable Disk. Complete with Striking Bag.

No. 2. Spalding Chest Weight Machine, including pair of 5-lb. Dumb Bells.

Complete, all attached,

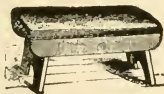
Board itself will be furnished separately if desired.

As the complete outfit is made up and carried in stock by us, equipped as noted above, we cannot supply board with different articles already attached.

Spalding Correctional Chest Exerciser

No. W. To use this simple piece of apparatus simply stand squarely in front of it, grasping both handles firmly, then push forward, at the same time extending the hands so as to put the strain on the chest and shoulder muscles. Designed particularly to correct round shoulders and will benefit greatly young people especially, who are inclined to stoop, aiding also in the development of an erect and graceful figure. Attached with two screws to wall, door or other convenient place. Ea., \$1.50

Spalding Bar Stall Bench



No. 205. Hard pine, strong and substantial. Top padded with hair felt, canvas covered. Preferable, for sanitary reasons that canvas be painted (a special elastic paint is used), unless specified, stock benches will be so furnished. . Each,

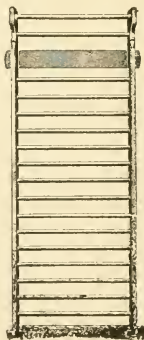
Spalding Leather Covered Shot



No. A. For abdominal massage. An iron ball, wound with electric tape and then covered with very soft, smooth grade of horsehide. 6 or 8 lbs. weight. . Each,

Spalding Bar Stalls

No. 20H. Adapted for use in the home; compact, of simple construction, used for the greatest variety of movements affecting every part of the body, and especially abdomen and chest movements. Erected against wall, behind door, or any flat surface. 8 feet high, 36 inches wide and extends 6 inches into room. Floor space required, 1 ft. by 2½ ft. Height, 8 ft. Per section,



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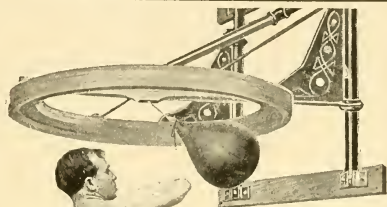
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MOLINE STRIKING BAG PLATFORM



Our Moline Platform is adjustable in height, readily attached to any wall, and the side brackets so arranged that it touches three rows of studding. Neat in design and handsomely finished, it in no way detracts from the appearance of the room, does not obstruct the light, and overcomes many other objectionable features of the old style disk usually costing double the price. Each platform supplied with everything necessary for attaching to wall, and crated ready for shipment.

Patented February 18, 1896

No. 1. Moline Platform.

BAG IS NOT INCLUDED IN ABOVE PRICE

SPALDING ADJUSTABLE FLOOR DISK



This style is what is generally called a "Floor Disk," because the heavy japanned pipe uprights and the steel guys are attached to the floor, but this one is superior to any similar style now on the market in that it combines with absolute rigidity the adjustable features, so necessary in an article that is for home use, to make it suitable for various members of the family. Capable of three adjustments of two inches each or a total of six inches. Floor space required: 9 ft. by 6 ft.; height, 7 ft. Uprights placed 6 ft. apart, allowing plenty of foot room.

No. 82F. Spalding Adjustable Floor Disk, without bag or bag swivel.



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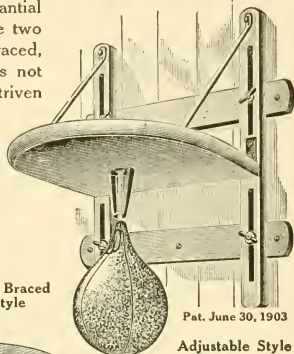


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SPALDING PATENT SOLID STRIKING BAG DISKS

A striking bag disk must be substantial if it is to be of use, and in the two styles, both adjustable and braced, which we list, this feature has not been neglected, while we have striven to put out a disk which is suitable for home use and moderate in price.

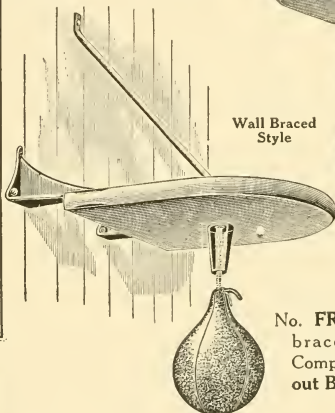


Pat. June 30, 1903

Adjustable Style

No. CR

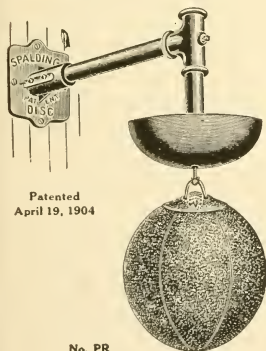
No. CR. Patent adjustable style. Complete, without Bag.



Wall Braced
Style

No. FR. Wall braced style. Complete, without Bag.

No. FR



Patented
April 19, 1904

No. PR

SPALDING DISK PLATFORM

Can be put up in a very small space and taken down quickly when not in use by simply detaching the pipe fixture from the wall plate. The metal disk against which the bag strikes constitutes one of the best features ever incorporated in an arrangement of this character, rendering it almost noiseless and very quick in action. This disk also combines an adjustable feature that is simple to operate and makes it possible for various members of the family to use the same disk.

No. PR. Spalding Adjustable Disk Platform. Complete with bag.

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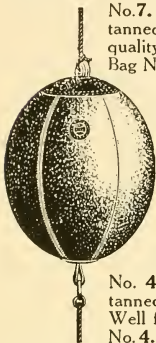


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SPALDING DOUBLE END BAGS

Spalding double end bags are arranged so that they may be hung in doorway of closet or some other out of the way place, enabling the flat dweller, and others, who have little spare room, to provide themselves with the equipment needed for healthful exercise. All double end striking bags are supplied complete with guaranteed pure gum bladder, rubber cord for floor, lace for bag and rope for ceiling attachment.



No. 7. Made of finest selected olive Napa tanned leather, workmanship of same quality as in our "Fitzsimmons" Special Bag No. 18. Double stitched, red welted seams. An extremely durable and lively bag. . . . Each, \$6.00

No. 6. Fine olive tanned leather cover, double stitched, red welted seams. Extra well made throughout. . . . Each, \$5.50

No. 5. Regulation size, specially tanned brown glove leather cover, red welted seams, double stitched and substantially made throughout. . . . Each, \$5.00

No. 4½. Regulation size, fine craven tanned leather and red welted seams. Well finished throughout. Each, \$4.00

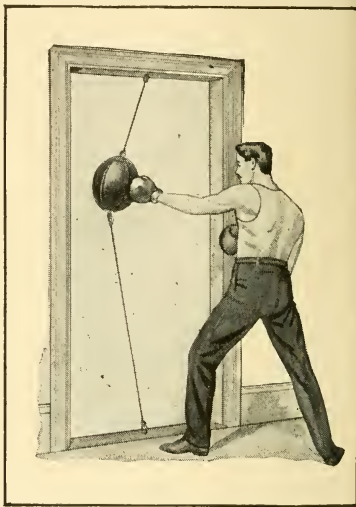
No. 4. Regulation size, fine grain leather cover, well made throughout, double stitched. Ea., \$3.50

No. 3. Regulation size, substantial brown leather cover, reinforced and double stitched seams. . . . Each, \$3.00

No. 3½. Black leather, regulation size, lined throughout, red welted seams. . . . Each, \$2.50

No. 2½. Regulation size, good quality dark olive tanned leather, lined throughout, red welted seams. Ea., \$2.00

No. 2. Medium size, good colored sheepskin, lined throughout. . . . Each, \$1.50



Spalding Bladders

Bladders used in all our Striking Bags are made of pure Para rubber (not compounded) and are fully guaranteed. Note special explanation of guarantee on tag attached to each bladder



No. B. For Nos. 2, 2½, 3, 3½, 14 and 15. Ea., 75c.

No. 5. For Nos. 4, 4½, 5, 6, 10, 12, 16 and 17. . . . Each, 90c.

No. 7. For Nos. 7, 18, 18S, 19, 19S and 20. . . . Each, \$1.00

No. G. For No. G Bag. . . . " 2.00

No. OS. With top stem, heavy bladder, special quality. . . . Each, \$1.25

No. D. Elastic floor attachment for all double end bags, best quality cord. . . . Each, 30c.

No. E. Elastic cord for double end bags. . . . Each, 20c.

Spalding Brass Inflators

No. 2. Club size, cylinder 10½ in. Each, 50c.

No. 3. Pocket size. . . . " 25c.



No. 3

Spalding Striking Bag Mitts

Will protect the hands and recommended for use with all Striking Bags

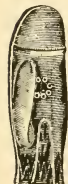
No. 1. Made of olive Napa leather and extra well padded; ventilated palm and special elastic wrist in glove. . . . Pair, \$2.00

No. 2. Made of soft tanned leather, properly shaped and padded, substantially put together. . . . Pair, \$1.50

No. 3. Made of soft tanned leather, padded and well made; also made in ladies' size. . . . Pair, 75c.

No. 4. Knuckle Mitt, well padded. . . . " 50c.

No. 5. Knuckle Mitt, well padded. . . . " 25c.



No. 1



No. 4



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SPALDING FIGHTING DUMMIES

Patented March 22, 1910; October 31, 1911



A very popular piece of exercising apparatus, consisting of an inflated figure covered with heavy brown canvas, mounted on a hidden steel frame, and fastened (removably) to a heavy bowl shaped iron base. Trains the eye, keeps the mind occupied, and will bring into play the muscles actually needing

development for everyday use. A number of persons, by standing in a circle, may use the one dummy.

No. 1. Full size dummy, for men's use. . . Each, **\$50.00**

No. 2. Medium size dummy, for boys up to 16 years, and for ladies' use. Each, **\$25.00**

No. 3. Small size dummy, for young boys and girls. Each, **\$15.00**

Rubber Bladders for Fighting Dummies

No. 1-0. Full size to fit No. 1 dummy. Each, **\$6.00**

No. 2-0. Medium size, to fit No. 2 dummy. Each, **\$5.50**

No. 3-0. Small size, to fit No. 3 dummy. Each, **\$5.00**

We issue a special Catalogue devoted to our line of Equipment for Outdoor Playgrounds. Copy of this Catalogue will be sent on request to interested parties. Correspondence is solicited with School Committees, Boards of Education and those who control Public Playgrounds.



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Spalding Gymnasium Shoes

Gymnasium Shoes must be comfortable and easy, yet fit snugly and give the wearer a sure footing—they must also be durable. Spalding Gymnasium Shoes possess all of these good qualities and, in addition, are reasonable in price.



No. 15

No. 15. High cut, kangaroo uppers, genuine elk-skin soles. Will not slip on floor; extra light, hand made. Correct shoes for boxing. Per pair, \$5.00



No. 155.

No. 155. High cut, elk-skin soles, and will not slip on floor; soft and flexible; ladies' and men's sizes. . Per pair, \$4.50



No. 166

No. 166. Low cut, selected leather, extra light and electric soles; ladies' and men's sizes.



No. 90L

Per pair, \$3.00



No. 85L

No. 90L. Ladies'. Low cut, black leather, electric soles and corrugated rubber heels. Pair, \$2.50



No. 21

No. 21. High cut, black leather, electric soles. Hand sewed; turned, which makes shoes extremely light and flexible.

Per pair, \$2.50



No. 20

No. 85L. Ladies'. Low cut, black leather, with roughened electric soles. Per pair, \$2.00

No. 20. Low cut. Otherwise as No. 21. Hand sewed, turned shoes. Per pair, \$2.00

No. 20L. Ladies'. Otherwise as No. 20. Hand sewed, turned shoes. Per pair, \$2.00



No. 148

Spalding Special Bowling Shoes

No. 148. For bowling and general athletic use. Best selected light drab chrome tanned leather uppers with elkskin soles. Lace extremely low down. Pair, \$3.50

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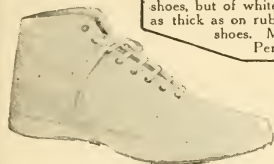
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SPALDING CANVAS TOP BASKET BALL SHOES



No. HH

No. HH. High cut white canvas uppers. Sole surface is similar to our popular gymnasium shoes, but of white, best quality rubber, twice as thick as on rubber sole canvas gymnasium shoes. Men's sizes, 6 to 12, inclusive.
Per pair, \$2.25 ★ \$24.30 Doz.

No. HHB. Boys', 2½ to 5½, inclusive. Otherwise same as No. HH.
Per pair, \$2.00
★ \$21.60 Doz.

No. HHX. Youths', 11 to 2, inclusive. Otherwise same as No. HH.
Per pair, \$1.80
★ \$19.44 Doz.

No. H. Men's, same as No. HH, but low cut. Sizes, 6 to 12, inclusive.
Per pair, \$2.00
★ \$21.60 Doz.



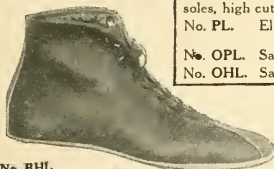
No. IH

No. HB. Boys', 2½ to 5½, inclusive. Otherwise as No. H. Per pair, \$1.75 ★ \$18.90 Doz. | No. HX. Youths', 11 to 2, inclusive. Otherwise as No. H. Per pair, \$1.60 ★ \$17.28 Doz.

SPALDING CANVAS SHOES, with Rubber Soles

MEN'S—Sizes, 6 to 12, inclusive.	YOUTHS'—Sizes, 11 to 2, inclusive.	BOYS'—Sizes, 2½ to 5½, inclusive.
No. IH. High cut, best quality white rubber soles. Men's of white canvas, ladies' of black. Per pair, \$1.75 ★ \$18.90 Doz.	No. IHX. High cut, best quality white rubber soles. Youths' of white canvas, misses' of black. Per pair, \$1.40 ★ \$14.12 Doz.	No. IHB. High cut, best quality white rubber soles. Boys' of white canvas, girls' of black. Per pair, \$1.60 ★ \$17.28 Doz.
No. I. Low cut. Otherwise as No. IH. Per pair, \$1.50 ★ \$16.20 Doz.	No. IX. Low cut. Otherwise same as No. IHX. Pair, \$1.25 ★ \$13.50 Doz.	No. IB. Low cut. Otherwise same as No. IHB. Pair, \$1.50 ★ \$16.20 Doz.
No. M. High cut. Pr., .90 ★ 9.72 "	No. MX. High cut. .80 ★ 8.64 "	No. MS. High cut. Pr., .85 ★ 9.18 "
No. K. Low cut. " .80 ★ 8.64 "	No. KX. Low cut. .70 ★ 7.56 "	No. KB. Low cut. " .75 ★ 8.10 "

SPALDING LADIES' GYMNASIUM SHOES—Flexible Soles



No. BHL



No. OPL

No. BHL. Good quality selected leather, black color, with elkskin soles, high cut. Per pair, \$1.50 ★ \$16.20 Doz.

No. PL. Elkskin, pearl color, elkskin soles, high cut. Per pair, \$1.50 ★ \$16.20 Doz.

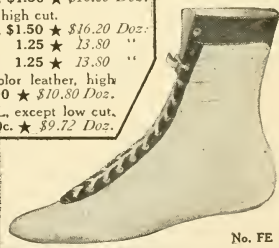
No. OPL. Same as PL, except low cut. " 1.25 ★ 13.80 "

No. OHL. Same as BHL, but low cut. " 1.25 ★ 13.80 "

No. SL. Selected drab color leather, high cut. Per pair, \$1.00 ★ \$10.80 Doz.

No. OSL. Same as No. SL, except low cut. Per pair, 90c ★ \$9.72 Doz.

Canvas Gymnasium and Acrobatic Shoes



No. FE

No. FE. Extra high cut, best quality canvas shoes, with leather soles. Made especially for acrobatic work. Per pair, \$1.25 ★ \$13.50 Doz.

No. E. Low cut canvas shoes, canvas soles. Per pair, 35c.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen pairs or more. Quantity prices NOT allowed on items NOT marked with ★

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A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

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Prices in effect July 5, 1913. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

Durand-Steel Lockers

Wooden lockers are objectionable, because they attract vermin, absorb odors, can be easily broken into, and are dangerous in account of fire.

Lockers made from wire mesh or expanded metal afford little security, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust, and the lockers themselves present a poor appearance, resembling animal cages.

Durand-Steel Lockers are made of finest grade furniture steel and are finished with gloss black, furnace-baked japan (400°), comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.



Some of the 6,000 Durand-Steel Lockers installed in the Public Gymnasiums of Chicago. 12'x 15'x 42", Double Tier.

Durand-Steel Lockers are usually built with doors perforated full length in panel design with sides and backs solid. This prevents clothes in one locker from coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but, if the purchaser prefers, we perforate the backs also.

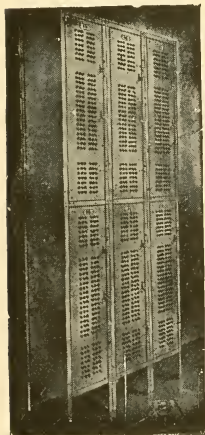
The cost of Durand-Steel Lockers is no more than that of first-class wooden lockers, and they last as long as the building, are sanitary, secure, and, in addition, are fire-proof.

THE FOLLOWING STANDARD SIZES ARE
THOSE MOST COMMONLY USED:

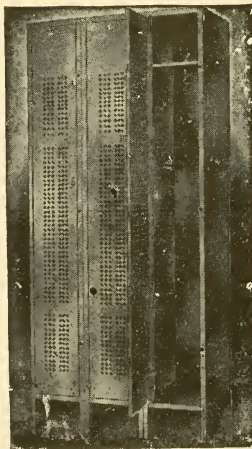
DOUBLE TIER	SINGLE TIER
12 x 12 x 36 Inch	12 x 12 x 60 Inch
15 x 15 x 36 Inch	15 x 15 x 60 Inch
12 x 12 x 42 Inch	12 x 12 x 72 Inch
15 x 15 x 42 Inch	15 x 15 x 72 Inch

SPECIAL SIZES MADE TO ORDER.

We are handling lockers as a special contract business, and shipment will in every case be made direct from the factory in Chicago. If you will let us know the number of lockers, size and arrangement, we shall be glad to take up, through correspondence, the matter of price.



Double Lockers in Double Tier



Single Lockers in Single Tier

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SPALDING'S NEW ATHLETIC GOODS CATALOGUE

The following selection of items from Spalding's latest Catalogue will give an idea of the great variety of ATHLETIC GOODS manufactured by A. G. SPALDING & BROS. ∴ ∴ ∴ SEND FOR A FREE COPY.

SEE LIST OF SPALDING STORES ON INSIDE FRONT COVER OF THIS BOOK

<p>Ankle Brace, Skate Ankle Supporter Athletic Library Attachments— Chest Weight</p> <p>Bags— Caddy Striking Skate Basket Field Hockey Foot, College Foot, Rugby Foot, Soccer Golf Hand Hurley Indoor Base Lacrosse Medicine Playground Polo, Roller Polo, Water Push Squash Volley Ball Cleaner, Golf Bandages, Elastic Bar Bells Bar Stalls Bats— Horizontal Parallel Bases, Indoor Bats, Indoor Belts— Elastic Leather and Worsted Wrestling Bladders— Basket Ball Fighting Dummy Foot Ball Striking Bag Blades, Fencing Blankets, Foot Ball</p> <p>Caddy Badges Caps— Lacrosse Outing Skull University Water Polo Chest Weights Circle, Seven-Foot Clock Golf Collarette, Knitted Corks, Running Cross Bars, Vaulting</p> <p>Discus, Olympic Discs— Marking, Golf Rubber, Golf Shoe Disks, Sinking Bag Dumb Bells</p>	<p>Emblems Embroidery Exercisers— Elastic Home</p> <p>Felt Letters Fencing Sticks Fighting Dummies Finger Protection, Hockey Flags— College Marking, Golf Foils, Fencing Foot Balls— Association College Rugby Foot Ball Clothing Foot Ball Goal Nets Foot Ball Timer</p> <p>Gloves— Boxing Fencing Golf Hand Ball Hockey, Field Hockey, Ice Lacrosse Goals— Basket Ball Foot Ball Hockey, Field Hockey, Ice Lacrosse Golf Clubs Golf Sundries Gollette Grips— Athletic Golf Gymnasium, Home Gymnasium Board, Hon. Gymnasium, Home Outfits</p> <p>Hammers, Athletic Hangers for Dumb Bells Hangers for Indian Clubs Hats, University Head Harness Health Pull Hob Nails Hockey Pucks Hockey Sticks, Ice Hockey Sticks, Field Holder, Basket Ball, Canvas Hole Cutter, Golf Hole Rim, Golf Horse, Vaulting Hurdles, Safety Hurley Sticks</p> <p>Indian Clubs Inflaters— Foot Ball Striking Bag</p>	<p>Jackets— Fencing Foot Ball Javelins Jerseys— Knee Protectors Knickerbockers, Foot Ball Lace, Foot Ball Lacrosse Goods Ladies— Fencing Goods Field Hockey Goods Gymnasium Shoes Gymnasium Suits Skates, Ice Skates, Roller Skating Shoes Snow Shoes Lanes for Sprints Leg Guards— Foot Ball Ice Hockey Leotards Letters— Embroidered Felt Linen, "Mike Murphy" Masks— Fencing Nose Masseur, Aëdōmāt Mattresses, Gymnasium Mattresses, Wrestling Megaphones Mits— Handball Striking Bag Moccasins Monograms Mouthpiece, Foot Ball Mufflers, Angora</p> <p>Needle, Lacing Nets— Basket Ball Golf Driving Volley Ball Numbers, Competitors"</p> <p>Pads— Chamois, Fencing Foot Ball Wrestling Paint, Golf Pants— Basket Ball Boys' Knee Foot Ball, College Foot Ball, Rugby Hockey, Ice Running Pennants, College Pistol, Starter's Plastrons, Fencing Plater— Teeing, Golf,</p>	<p>Platforms, Striking Bag Poles— Ski Vaulting Polo, Roller, Goods Protectors— Abdomen Eyeglass Finger, Field Hockey Indoor Base Ball Knee Thumb, Basket Ball Protection, Running Shoes Pucks, Hockey, Ice Push Ball Pushers, Chamois</p> <p>Quoits— Racks, Golf Ball Racquet, Squash Rapier, Fencing Referee's Whistle Rings— Exercising Rowing Machines</p> <p>Sacks, for Sack Racing Sandals, Snow Shoe Sandow Dumb Bells Scabbards, Skate Score Books— Basket Ball Shin Guards— Association College Field Hockey Ice Hockey Shirts— Athletic Rubber, Reducing Soccer Shoes— Acrobatic Basket Ball Bowling Clog Fencing Foot Ball, College Foot Ball, Rugby Foot Ball, Soccer Golf Gymnasium Jumping Running Skating Snow Squash Street Walking Shot— Athletic Indoor Massage Skates— Ice Roller</p>	<p>Skate Bag Skate Keys Skate Rollers Skate Straps Skate Sundries Skis Snow Shoes Sprint Lanes Squash Goods Standards— Vaulting Volley Ball Straps— For Three-Legged Race. Skate Sticks, Roller Polo Stockings Stop Boards Striking Bags Suits— Base Ball, Indoor Gymnasium, Ladies Soccer Swimming Water Polo Supporters— Ankle Wrist Suspensories Sweaters Swivels, Striking Bags Swords, Fencing Swords, Duelling</p> <p>Tackling Machine Take-Off Board Tape, Measuring, Steel Tees, Golf Tennis Posts, Indoor Tights— Full Full, Wrestling Hockey Knee Toboggans Toboggan Cushions Toe Boards Toques Trapeze, Adjustable Trapeze, Single Trousers— Y. M. C. A. Foot Ball Trunks— Velvet Worsted</p> <p>Uniforms— Base Ball, Indoor</p> <p>Wands, Calisthenic Watches, Stop Weights, 56-lb. Whistles Wrestling Equipment Wrist Machines</p>
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Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 14 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods and the same prices to everybody.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is the "Spalding Policy," which has already been in successful operation for the past 14 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

Standard Quality

An article that is universally given the appellation "Standard" is thereby conceded to be the criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-four years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the Guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect, must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros.

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GRAND PRIZE



GRAND PRIX



ST. LOUIS, 1904

SPALDING

PARIS, 1900

ATHLETIC GOODS

ARE THE STANDARD OF THE WORLD

A. G. SPALDING & BROS.

MAINTAIN WHOLESALE and RETAIL STORES in the FOLLOWING CITIES

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PHILADELPHIA	DETROIT	SAN FRANCISCO
NEWARK	CINCINNATI	LOS ANGELES
BUFFALO	CLEVELAND	SEATTLE
SYRACUSE	COLUMBUS	MINNEAPOLIS
BALTIMORE	INDIANAPOLIS	ST. PAUL
WASHINGTON	PITTSBURG	DENVER
LONDON, ENGLAND	ATLANTA	DALLAS
BIRMINGHAM, ENGLAND	LOUISVILLE	
MANCHESTER, ENGLAND	NEW ORLEANS	
EDINBURGH, SCOTLAND	MONTREAL, CANADA	
SYDNEY, AUSTRALIA	TORONTO, CANADA	

Factories owned and operated by A.G. Spalding & Bros. and where all of Spalding Trade-Marked Athletic Goods are made are located in the following cities:

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